

## Strength Training

- Commonly referred to as "lifting"
- Used to aid athletes in becoming stronger better athletes.
- Aimed to target certain muscle groups.
- Also used by many people use to live a healthier lifestyle

Lifting


Cut and discard this area.



## Barebell Bench Press

- Laying flat on a bench in a relaxed position.
- Grab the bar with both hands push bar off of resting position (unracking the weight).
- With the bar above you begin to slow down to you chest inhaling as it goes down.
- Once the bar has touched your chest begin to exhale keeping you back flat against the bench and feet pressed to the floor.


Bench Press

Cut and discard this area. 

## Squat- Basic

- In a squat rack dip under the and place it on your shoulders about 3 inches under your neck.
- Take a step back placing your feet shoulder width apart pointing your toes outward.
- Inhale as you begin to lower your legs down. Once you have hit a position where your quads are placed parallel or the negative position.
- Begin to exhale and drive through your heels and begin back at the position you started in.

Squat

Cut and discard this area. 

## Deadlift-Barebell

- Place the on the ground place your hands a little bit further then shoulder width apart.
- As in squats begin in a negative position and plant your feet flat on the floor.
- With you back straight drive through your feet and exhale as you pull up.