



F2T | **FIT TO THRIVE**

More Fire Fighters. More Active. More Often.

PERFORMANCE **REDEFINED**

Appendix E: Posters

MAKE YOUR EXERCISE MATTER!

SQUAT PATTERNS



1 BACK SQUAT (Knees, Back, Shoulders)

The Movement

- Barbell across back of shoulders, stiffen trunk
- Center weight over mid-foot
- Descend by sitting back

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and shins parallel
- Feet flat, weight on mid-foot
- Limit depth by low back posture (no rounding)



2 FRONT SQUAT (Knees, Back, Shoulders)

The Movement

- Create shelf with shoulders, elbows forwards
- Center weight over mid-foot
- Descend by sitting back

↑ **Performance**

- Keep back straight (no arch or rounding), elbows up

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and shins parallel
- Feet flat, weight on mid-foot
- Limit depth by low back posture (no rounding)



3 OVERHEAD SQUAT (Knees, Back, Shoulders)

The Movement

- Barbell pressed overhead, wide grip, arms straight
- Center weight over mid-foot
- Descend by sitting back

↑ **Performance**

- Keep back straight (no arch or rounding), elbows locked

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and shins parallel
- Feet flat, weight on mid-foot
- Limit depth by low back posture (no rounding)



4 MEDICINE BALL SQUAT (Knees, Back)

The Movement

- Hold ball close to body, elbows under hands
- Center weight over mid-foot
- Descend by sitting back

↑ **Performance**

- Keep back straight (no arch or rounding), elbows up

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and shins parallel, ball kept close
- Feet flat, weight on mid-foot
- Limit depth by low back posture (no rounding)



5 SINGLE LEG SQUAT (Knees, Back, Shoulders)

The Movement

- Extend arms out front as counter-balance
- Feet side by side, weight centered over mid-foot
- Descend by sitting back

↑ **Performance**

- Keep back straight (no arch or rounding), no side lean

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and shins parallel
- Feet flat, weight on mid-foot
- Limit depth by low back posture (no rounding)



6 VERTICAL JUMP (Knees, Back)

The Movement

- Bent knees, arms back, slight bend in elbows
- Keep trunk stiff, extend hips, push through ground
- Sit back on landing

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and shins parallel
- Limit motion to vertical direction
- Limit depth by low back posture (no rounding)

LUNGE PATTERNS



7 SPLIT SQUAT (Knees, Back, Shoulders)

The Movement

- Stagger feet (hip width), knees, hips and feet aligned
- Drop hips straight down, weight over mid-foot (front)
- Back knee bent, trunk and back thigh parallel

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and back thigh parallel
- Front foot flat, weight on mid-foot
- Prevent shoulders from rounding forwards



8 ELEVATED SPLIT SQUAT (Knees, Back, Shoulders)

The Movement

- Rear foot elevated, knees, hips and feet aligned
- Drop hips straight down, weight over mid-foot (front)
- Back knee bent, trunk and back thigh parallel

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and back thigh parallel
- Front foot flat, weight on mid-foot
- Prevent shoulders from rounding forwards



9 LUNGE (Knees, Back, Shoulders)

The Movement

- Step forwards, keep hips and feet aligned
- Center weight over mid-foot, bend over with hip
- Trunk and back thigh parallel, return to standing

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and back thigh parallel
- Front foot flat, weight on mid-foot
- Prevent shoulders from rounding forwards



10 OVERHEAD LUNGE (Knees, Back, Shoulders)

The Movement

- Step forwards, bar overhead, knees, hips and feet in line
- Center weight over mid-foot (front), back knee bent
- Trunk and back thigh parallel, return to standing

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Trunk and back thigh parallel
- Front foot flat, weight on mid-foot
- Prevent shoulders from rounding forwards



11 STEP UP (Knees, Back, Shoulders)

The Movement

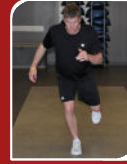
- Step up by pushing through box/bench with mid-foot
- Avoid rattling motion with non-stepping foot
- Reverse motion under control

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Stepping foot flat, weight over mid-foot
- Trunk and front shin parallel
- Prevent shoulders from rounding forwards



12 BOUND (Knees, Back)

The Movement

- Stand on one leg, knee, hip and foot aligned
- Bound in desired direction, land on same/opposite foot
- Trunk and shin parallel

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knee, hip and foot in line (not in or out)
- Trunk and shin parallel
- Limit depth by low back posture (no rounding)
- Weight on mid-foot, sit back on landing

HINGE PATTERNS



13 DEADLIFT (Knees, Back, Shoulders)

The Movement

- Squat down, hips back, shoulders in front of barbell
- Maintain same trunk angle until barbell passes knees
- Center weight over mid-foot

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Knees, hips and feet in line (not in or out)
- Grip floor with toes, feet flat
- Keep load close (contact with legs)
- Keep shoulders in front or in line with hands



14 ROMANIAN DEADLIFT (RDL) (Knees, Back, Shoulders)

The Movement

- From standing, grasp barbell with overhead grip
- Maintain slight bend in knees
- Bend over with hips (no motion in back)

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Grip floor with toes, feet flat
- Keep load close (contact with legs)
- Keep shoulders in front or in line with hands
- Limit depth by low back posture (no rounding)



15 SINGLE LEG RDL (Knees, Back, Shoulders)

The Movement

- Stand on one leg, knee, hip and foot aligned
- With slight bend in knee, bend over with hip
- Extend back leg and keep in line with upper body

↑ **Performance**

- Keep back straight (no arch or rounding, twisting)

↓ **Injury Risk**

- Grip floor with toes, feet flat
- Keep load close
- Keep shoulders in front or in line with hands
- Limit depth by low back posture (no rounding)

PUSH PATTERNS



16 PUSH-UP (Back, Shoulders)

The Movement

- Position hands chest level, approx. shoulder width
- Descend by "corkscrewing" floor with hands
- From bottom, push ground away

↑ **Performance**

- Keep back straight (no arch, rounding, twisting)

↓ **Injury Risk**

- Shoulders down and back (no rounding)
- Do not reach with chin
- Limit depth by shoulder posture (no rounding)



17 BENCH PRESS (Back, Shoulders)

The Movement

- Position body on bench, feet flat on floor
- Begin with hands above shoulders
- Hands at chest level at bottom (curved path)

↑ **Performance**

- Keep back straight (no arch, rounding, twisting)

↓ **Injury Risk**

- Shoulders down and back (no rounding)
- Chin tucked, no bounce off chest
- Grip barbell/dumbbell with thumbs wrapped
- Limit depth by shoulder posture (no rounding)



18 OVERHEAD PRESS (Knees, Back, Shoulders)

The Movement

- Stand tall, feet approx. shoulder width
- Hands aligned with shoulders, press overhead
- Center weight over mid-foot

↑ **Performance**

- Keep back straight (no arch, rounding, bending)

↓ **Injury Risk**

- Shoulders down and back (no rounding)
- Grip floor with toes, feet flat
- Grip barbell/dumbbell with thumbs wrapped
- Limit depth by shoulder posture (no rounding)



19 MOUNTAIN CLIMBER (Knees, Back, Shoulders)

The Movement

- Stand tall, one foot elevated, knees, hips, feet aligned
- Weight evenly distributed, back knee slight bend
- Hands aligned with shoulders, press overhead

↑ **Performance**

- Keep back straight (no arch, rounding, bending)

↓ **Injury Risk**

- Shoulders down and back (no rounding)
- Grip floor with toes
- Grip barbell/dumbbell with thumbs wrapped
- Limit depth by shoulder posture (no rounding)



20 STANDING PRESS (Knees, Back, Shoulders)

The Movement

- Feet slightly wider than shoulders, forward lean
- Position hands at chest level
- Press hands forwards

↑ **Performance**

- Keep back straight (no arch, rounding, twisting)

↓ **Injury Risk**

- Shoulders down and back (no rounding)
- Grip floor with toes
- Grip load with thumbs wrapped
- Limit motion by shoulder posture (no rounding)



21 SINGLE ARM PRESS (Knees, Back, Shoulders)

The Movement

- Adopt same position as two arm press
- Variation of push-up, bench press, overhead press, mountain climber and standing press

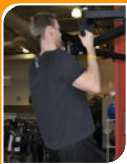
↑ **Performance**

- Keep back straight (no arch or rounding, twisting)

↓ **Injury Risk**

- Shoulders down and back (no rounding)
- Grip load with thumbs wrapped
- Limit motion by shoulder posture (no rounding)

PULL PATTERNS



22 PULL-UP (Back, Shoulders)

The Movement

- Begin from hanging position
- Pull body up until chin reaches hand height
- Hands shoulder width, facing into or away from body

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Chin tucked, shoulders down and back
- Grip handles with thumbs wrapped



23 PULL-DOWN (Back, Shoulders)

The Movement

- From seated/kneeling, pull load to shoulders/chest
- Pull elbows back and down
- Rotate thumbs out while pulling

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Body stiff
- Chin tucked, shoulders down and back
- Grip handles with thumbs wrapped



24 INVERTED ROW (Back, Shoulders)

The Movement

- From hanging position under barbell pull body up
- Position feet so chest touches barbell
- Feet approx. shoulder width, knees bent or straight

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Lead with chest, avoid reaching with chin
- Shoulders down and back
- Grip barbell with thumbs wrapped
- Keep hips extended



25 BENTOVER ROW (Knees, Back, Shoulders)

The Movement

- Hands positioned behind shoulders
- Knees slightly bent, lean forwards from hips
- Pull barbell in vertical direction to navel

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Feet flat, weight centered over mid-foot
- Chin tucked, shoulders down and back
- Grip load with thumbs wrapped
- Elbows tucked into sides



26 STANDING ROW (Knees, Back, Shoulders)

The Movement

- Feet slightly wider than shoulders
- Position hands at chest level or slightly below
- Pull hands towards chest (or slightly below)

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

- Feet flat, weight centered over mid-foot
- Chin tucked, shoulders down and back
- Grip load with thumbs wrapped
- Elbows tucked into sides



27 SINGLE ARM ROW (Knees, Back, Shoulders)

The Movement

- Adopt same position as two arm pull
- Variation of pull-up, pull down, inverted row, bentover row, standing row

↑ **Performance**

- Keep back straight (no arch or rounding)

↓ **Injury Risk**

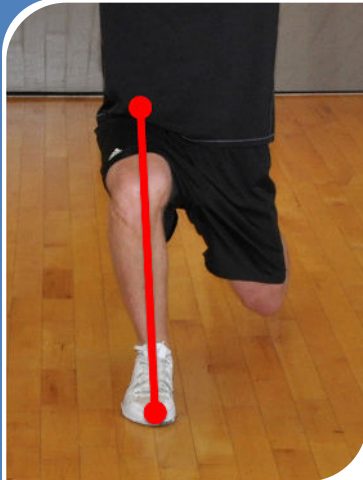
- Feet flat, weight centered over mid-foot
- Chin tucked, shoulders down and back
- Grip load with thumbs wrapped
- Elbows tucked into sides

MOVEMENT MATTERS!

- THE 7 KEY FEATURES -



KNEES



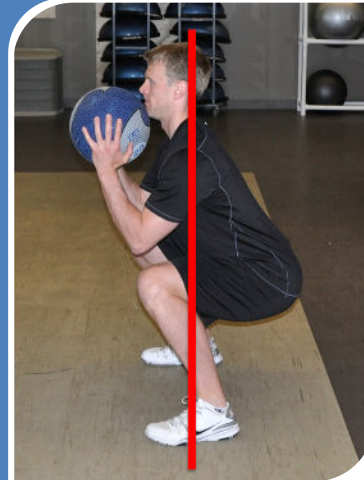
1 IN LINE (Knee in line with hip/foot)

What to Look For

1. Body from the front
2. Line from hip to toes
3. Position of knee in relation to line
 - Medial to the line
 - **On the line**
 - Lateral to the line

Coaching Tips

- Grip the floor with the toes
- Push the knees out
- Point knees in direction of toes



2 MID-FOOT (Bodyweight over mid-foot)

What to Look For

1. Body from the side
2. Line through middle of foot
3. Position of weight in relation to line
 - In front of the line (toes)
 - **On the line (arch)**
 - Behind the line (heel)

Coaching Tips

- Push through the floor
- Grip the floor with the toes
- Hinge at hips, lean forwards

LOWER BACK



3/4 STRAIGHT (Normal low back curve)

What to Look For

1. Body from the front, back or side
2. Two lines through hips/upper back
3. Distance between the two lines
 - Closer than standing
 - **Same as standing**
 - Farther apart than standing

Coaching Tips

- Stiffen trunk
- Let trunk move with hips
- Dowel touches head, back, hips



5 ALIGNED (Hips and shoulders aligned)

What to Look For

1. Body from the front, back or side
2. Two lines through hips/upper back
3. Alignment of the two lines
 - Shoulders rotate more than hips
 - **Shoulders in line with hips**
 - Hips rotate more than shoulders

Coaching Tips

- Use upper/lower body together
- Rotate with hips
- Practice with one hand

SHOULDERS



6 DOWN (Shoulders away from ears)

What to Look For

1. Body from the front, back or side
2. Two lines through ears/shoulders
3. Distance between the two lines
 - Closer than standing
 - **Same as standing**
 - Farther apart than standing

Coaching Tips

- Elbows down/close to body
- Treat motions as push and pull
- Hold shoulders back



7 BACK (Elbow and shoulder together)

What to Look For

1. Body from the front, back or side
2. Line from shoulder to elbow
3. Movement at both ends of the line
 - Move in opposite direction
 - **Move in same direction**
 - Only one end moves

Coaching Tips

- Rotate thumbs out when pulling
- Pull shoulder blades together
- Limit how far elbows pulled back

SQUAT PATTERNS

Knees, Low Back, Shoulders



KEY FEATURES

Knees

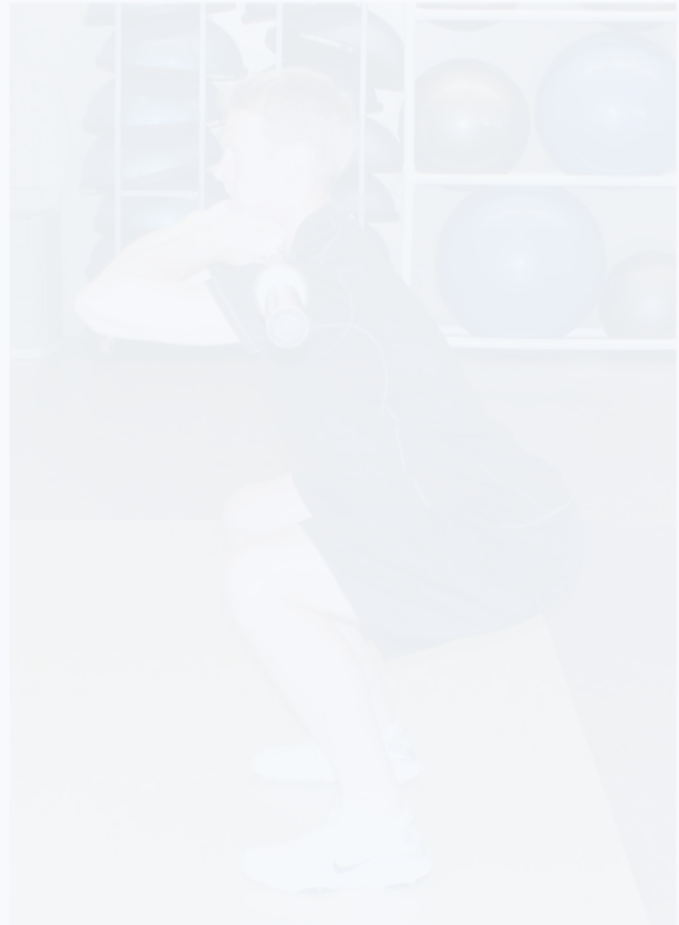
1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



COACHING TIPS

- Grip the floor with toes and keep the feet flat
- Push the knees out
- Hinge at the hips and sit back
- Stiffen the trunk and lean forwards
- Push through the floor on the way up

SQUAT PATTERN VARIATIONS

	<p>1 BACK SQUAT (Knees, Back, Shoulders)</p> <p>To perform • Bar on back of shoulders • Bar over mid-foot • Bodyweight over mid-foot</p> <p>Exercise • Bar position (high/low)</p> <p>Variations • Stance width • Depth</p> <p>Coaching • Grip the floor with your toes Cue and prop up your arch</p>		<p>2 FRONT SQUAT (Knees, Back, Shoulders)</p> <p>To perform • Bar on front of shoulders • Bar over mid-foot • Bodyweight over mid-foot</p> <p>Exercise • Grip (clean/crossed arm)</p> <p>Variations • Dumbbells • Depth</p> <p>Coaching • Initiate movement from the bottom by lifting your elbows up</p>		<p>3 OVERHEAD SQUAT (Knees, Back, Shoulders)</p> <p>To perform • Wide grip, arms straight • Bar over mid-foot • Bodyweight over mid-foot</p> <p>Exercise • Grip width</p> <p>Variations • Stance width • Depth</p> <p>Coaching • Squeeze the bar and try to spread your hands apart (without actually moving)</p>
	<p>4 MEDICINE BALL SQUAT (Knees, Back, Shoulders)</p> <p>To perform • Ball close to body • Elbows under hands • Bodyweight over mid-foot</p> <p>Exercise • Load position (close/far)</p> <p>Variations • Squat to press • Depth</p> <p>Coaching • Grip the floor and push your knees out</p>		<p>5 SINGLE LEG SQUAT (Knees, Back, Shoulders)</p> <p>To perform • Stand on one leg • Hold arms out front • Bodyweight over mid-foot</p> <p>Exercise • Elevated foot position</p> <p>Variations • Position of load • Depth</p> <p>Coaching • Reach forwards with your arms and back with your hips while squatting down</p>		<p>6 VERTICAL JUMP (Knees, Back)</p> <p>To perform • Bodyweight over mid-foot • Slight bend in elbows • Arms and legs together</p> <p>Exercise • Countermovement jump</p> <p>Variations • Drop off box and jump • Broad jump</p> <p>Coaching • Swing your arms as fast as possible to initiate motion</p>

LUNGE PATTERNS

Knees, Low Back, Shoulders

KEY FEATURES

Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

Shoulders






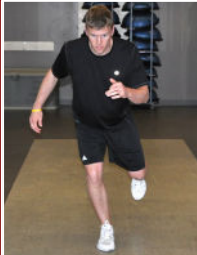
5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)

COACHING TIPS

- Grip the floor with the toes of the lead foot
- Push the knee out and adopt a wide stance
- Align the trunk with the rear thigh
- Stiffen the trunk and lean forwards
- Push through the floor on the way up



LUNGE PATTERN VARIATIONS

	1 SPLIT SQUAT (Knees, Back, Shoulders) To perform • Stagger feet (hip width) • Bodyweight over mid-foot • Trunk in line with rear thigh Exercise • Barbell Variations • Trunk angle • Depth Coaching • Lean slightly forwards so that Cue your trunk is in line with your rear thigh		2 ELEVATED SPLIT SQUAT (Knees, Back, Shoulders) To perform • Elevate rear foot • Bodyweight over mid-foot • Trunk in line with rear thigh Exercise • Stride length Variations • Trunk angle • Rear foot height Coaching • Grip the floor with the toes Cue of your front foot and push your knee out		3 LUNGE (Knees, Back, Shoulders) To perform • Step forwards/backwards • Bodyweight over mid-foot • Trunk in line with rear thigh Exercise • Back lunge Variations • Walking lunge • Sideways (lateral) Coaching • Keep your bodyweight Cue centered over the middle of your front foot (back lunge)
	4 OVERHEAD LUNGE (Knees, Back, Shoulders) To perform • Wide grip, arms straight • Bar overhead • Step forwards/backwards Exercise • Grip width Variations • Split squat • Walking lunge Coaching • Keep the feet about hip Cue width apart when stepping forwards		5 STEP UP (Knees, Back, Shoulders) To perform • Lean forwards, sit back • Push through mid-foot • Step up and down Exercise • Barbell Variations • Step height • Trunk angle Coaching • Lean slightly forwards and Cue keep your weight over the middle of the front foot		6 BOUND (Knees, Back) To perform • Stand on one leg • Bound in desired direction • Land on same/opposite foot Exercise • Lateral Variations • Ninety degree turn • Depth Coaching • Land softly by bending your Cue knee and sitting back

HINGE PATTERNS

Knees, Low Back, Shoulders



KEY FEATURES

Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



COACHING TIPS

- Grip the floor with toes and keep the feet flat
- Keep the load in contact with the legs
- Maintain trunk angle until load passes knees
- Push through the floor on the way up
- Reverse the lifting motion to lower

HINGE PATTERN VARIATIONS



1 DEADLIFT (Knees, Back, Shoulders)

To perform • Bodyweight over mid-foot
• Shoulders in front of hands
• Lean forwards, squat down

Exercise • Grip width
Variations • Stance width
• Depth

Coaching • Lean forwards and maintain the same trunk angle until the load crosses your knees
Cue



2 ROMANIAN DEADLIFT (Knees, Back, Shoulders)

To perform • Bodyweight over mid-foot
• Shoulders in front of hands
• Bend over from hips

Exercise • Dumbbells
Variations • Stance width
• Depth

Coaching • Only go down as far as your
Cue can while keeping your back straight



3 SINGLE LEG RDL (Knees, Back, Shoulders)

To perform • Stand on one leg
• Bodyweight over mid-foot
• Bend over from hip

Exercise • One arm
Variations • Same/opposite arm/leg
• Depth

Coaching • Push the raised heel away from
Cue your head, making yourself as long as possible

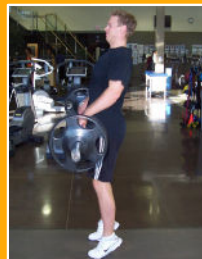


4 KETTLEBELL SWING (Knees, Back, Shoulders)

To perform • Bodyweight over mid-foot
• Bend over from hips
• Swing in arc motion

Exercise • One arm
Variations • Depth
• Swinging to snatch/clean

Coaching • Lean forwards and bend from the hips, keeping the load close to your body
Cue

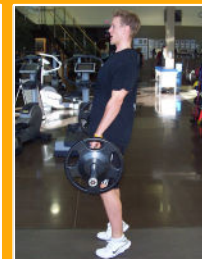


5 CLEAN (Knees, Back, Shoulders)

To perform • Narrow grip, arms straight
• Shoulders in front of hands
• Catch at shoulder height

Exercise • Catch in squat position
Variations • High pull only
• Starting height (hang)

Coaching • Create momentum with your legs before pulling with your arms
Cue



6 SNATCH (Knees, Back, Shoulders)

To perform • Wide grip, arms straight
• Shoulders in front of hands
• Catch overhead

Exercise • Grip width
Variations • One arm
• Starting height (hang)

Coaching • Keep the bar in contact with your legs as long as possible
Cue

PUSH PATTERNS

Knees, Low Back, Shoulders



KEY FEATURES

Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

Shoulders




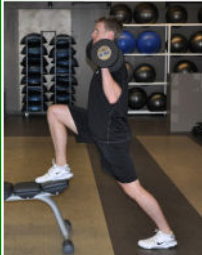

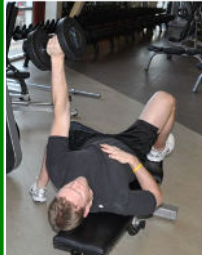
5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



COACHING TIPS

- Treat activities as push and pull
- Rotate thumbs out when pulling to body
- Keep the elbows close to the body
- Stiffen trunk to prevent low back motion
- Use the lower body to increase momentum/stiffness

PUSH PATTERN VARIATIONS

 <p>1 PUSH-UP (Back, Shoulders)</p> <p>To perform • Hands at chest level • Elbows close to body • Body moves as one unit</p> <p>Exercise • Hand position</p> <p>Variations • Trunk angle • Depth</p> <p>Coaching • Stiffen your trunk and reach for the floor with your chest Cue instead of your chin</p>	 <p>2 BENCH PRESS (Back, Shoulders)</p> <p>To perform • Back on bench, feet flat on floor • Hands above shoulders (top) • Hands at chest (bottom)</p> <p>Exercise • Grip width</p> <p>Variations • Trunk angle • Depth</p> <p>Coaching • When pressing, push yourself into the bench and away from the load Cue</p>	 <p>3 OVERHEAD PRESS (Knees, Back, Shoulders)</p> <p>To perform • Feet shoulder width • Hands above elbows • Bodyweight over mid-foot</p> <p>Exercise • Grip type (facing/neutral)</p> <p>Variations • Use of lower body • Depth</p> <p>Coaching • Pull your elbows in close to your sides as you lower the load Cue</p>
 <p>4 MOUNTAIN CLIMBER (Knees, Back, Shoulders)</p> <p>To perform • One foot elevated • Bodyweight over mid-foot • Hands above elbows</p> <p>Exercise • Grip type (facing/neutral)</p> <p>Variations • Foot height (split squat) • Pressing angle</p> <p>Coaching • Push your rear hip forwards Cue and stiffen your trunk</p>	 <p>5 STANDING PRESS (Knees, Back, Shoulders)</p> <p>To perform • Bend knees, lean forwards • Hands at chest height • Elbows behind hands</p> <p>Exercise • Split stance</p> <p>Variations • Pressing angle • Hand width</p> <p>Coaching • Grip the ground with your toes, Cue bend your knees and lean forwards</p>	 <p>6 SINGLE ARM PRESS (Knees, Back, Shoulders)</p> <p>To perform • Same position as two arms • Elbows close to body • Hands in line with elbows</p> <p>Exercise • Hand position</p> <p>Variations • Foot width • Trunk/body angle</p> <p>Coaching • Widen your feet to increase your base of support and make you more stable Cue</p>

PULL PATTERNS

Knees, Low Back, Shoulders



KEY FEATURES

Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

Shoulders

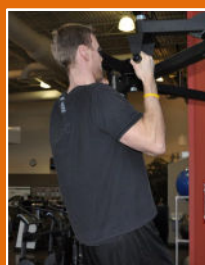
5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



COACHING TIPS

- Treat activities as push and pull
- Squeeze the shoulder blades together
- Keep the elbows close to the body
- Stiffen trunk to prevent low back motion
- Use the lower body to increase momentum/stiffness

PULL PATTERN VARIATIONS

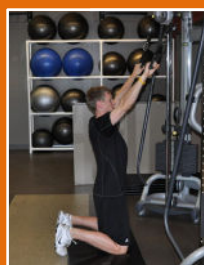


1 PULL-UP (Back, Shoulders)

To perform • Hang from two hands
• Pull body up to hand height
• Elbows close to body

Exercise • Grip width
Variations • Overhand/underhand grip
• Assisted

Coaching • Squeeze the handle/bar as hard as possible while pulling yourself up
Cue

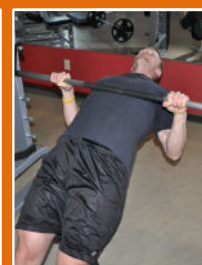


2 PULL-DOWN (Back, Shoulders)

To perform • Hands above head
• Pull hands to shoulder level
• Elbows close to body

Exercise • Seated/kneeling
Variations • Grip type (facing/neutral)
• Trunk angle

Coaching • Tuck your elbows into your sides and squeeze your shoulder blades together
Cue



3 INVERTED ROW (Knees, Back, Shoulders)

To perform • Hang from two hands
• Pull body up to hand height
• Elbows close to body

Exercise • Overhand/underhand grip
Variations • Knees bent
• Trunk angle

Coaching • Keep your hips up and pull the bar to chest level
Cue



4 BENTOVER ROW (Knees, Back, Shoulders)

To perform • Bend over at hips
• Bodyweight over mid-foot
• Pull bar in vertical direction

Exercise • Overhand/underhand grip
Variations • Trunk angle
• Split stance

Coaching • Grip the ground with your toes, bend your knees and lean forwards
Cue



5 STANDING ROW (Knees, Back, Shoulders)

To perform • Bend knees and sit back
• Hands at chest height
• Elbows close to body

Exercise • Seated row
Variations • Split stance
• Pulling angle

Coaching • Rotate your thumbs out as you pull the load towards your body
Cue



6 SINGLE ARM ROW (Knees, Back, Shoulders)

To perform • Same position as two arms
• Elbows close to body
• Hands in line with elbows

Exercise • Hand position
Variations • Foot width
• Trunk/body angle

Coaching • Pull your elbow and shoulder back at the same time
Cue