Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Olympic Lifts**

**Purpose: To analyze two Olympic Lifts, the Bench Press and the Squats and Push Press: The goal of the assessment is to understand the major muscles trained by the lift and to perform the correct movement pattern for these lifts. You will also record how many sets and repetitions you can complete . You will also calculate your one rep max.**

**Squats: Major Muscles Trained:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Movement Pattern Analysis: Take three pictures of this lift from start of the lift to the bottom progression of the movement pattern. When your glutes are closest to the floor. Insert pictures below.**

**Movement Analysis: Comment on proper stance position. Comment on Head and Spine position. Comment on depth of movement pattern. How far down is your squat progression?**

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**Bench Press: : Major Muscles Trained:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Movement Pattern Analysis: Take three pictures of this lift from the top of movement to lowest point of bar. Insert pictures below.**

**Movement Pattern Analysis: Comment on width of grip on bar. Body position and stability. How far does bar descend during the lift.**

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**Push Press Major Muscles Trained:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Movement Pattern Analysis: Take three pictures of this lift from start of the lift to the bottom progression of the movement pattern. When the bar is at the lowest point. The mid stage of the press. The point where the arms are fully extended.**

**Movement Analysis: Comment on proper stance position. Comment on Head and Spine position. Comment on knee bend and arm extension.**

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