

MOVEMENT

BREAKDOWN

INDEX

Movement Breakdown

Barbell Back Squat



Starting / Bottom Position

Set up: Position the barbell on a squat rack at chest height. Step under the bar and place it across your upper traps, not your neck.

Grip: Grab the bar with both hands, slightly wider than shoulder-width, and lift your elbows to create a stable base.

Unrack: Stand up straight, taking a step or two back from the rack.

Foot Placement: Position your feet shoulder-width apart, with toes slightly turned out.

Squat Down: Lower your body by bending your hips and knees, keeping your chest up and back straight. Go as deep as your mobility allows, ideally until your thighs are parallel to the floor or deeper.

Stand Up: Push through your heels and extend your knees and hips to return to the starting position.

Repeat: Perform for the desired number of reps, maintaining good form throughout.

Re-rack: After your set, carefully walk the bar back to the rack and lower it securely

Movement Breakdown

Barbell Bench Press



Starting / Bottom Position

Set up: Lie flat on a bench with your eyes directly under the bar. Plant your feet firmly on the floor.

Grip: Grip the bar slightly wider than shoulder-width, with palms facing forward. Wrap your thumbs around the bar for a secure hold.

Unrack: Press the bar up to lift it off the rack, and hold it directly above your chest with arms fully extended.

Lower the Bar: Slowly lower the bar to your chest, keeping your elbows at about a 45-degree angle to your body. Maintain control and avoid letting the bar bounce.

Press the Bar Up: Push the bar upward, extending your arms fully but without locking your elbows. Keep your feet and back steady throughout the movement.

Repeat: Perform for the desired number of reps, maintaining a controlled tempo and proper form.

Re-rack: After your set, carefully guide the bar back onto the rack, making sure it is securely positioned.

If you need more support in between your feet and the ground grab some plates to place under your feet.

Movement Breakdown

Barbell Conventional Deadlift



Starting / Top Position

Set up: Lie flat on a bench with your eyes directly under the bar. Plant your feet firmly on the floor.

Grip: Grip the bar slightly wider than shoulder-width, with palms facing forward. Wrap your thumbs around the bar for a secure hold.

Unrack: Press the bar up to lift it off the rack, and hold it directly above your chest with arms fully extended.

Lower the Bar: Slowly lower the bar to your chest, keeping your elbows at about a 45-degree angle to your body. Maintain control and avoid letting the bar bounce.

Press the Bar Up: Push the bar upward, extending your arms fully but without locking your elbows. Keep your feet and back steady throughout the movement.

Repeat: Perform for the desired number of reps, maintaining a controlled tempo and proper form.

Re-rack: After your set, carefully guide the bar back onto the rack, making sure it is securely positioned.

Movement Breakdown

Barbell Sumo Deadlift



Starting / Top Position

Set up: Lie flat on a bench with your eyes directly under the bar. Plant your feet firmly on the floor.

Grip: Grip the bar slightly wider than shoulder-width, with palms facing forward. Wrap your thumbs around the bar for a secure hold.

Unrack: Press the bar up to lift it off the rack, and hold it directly above your chest with arms fully extended.

Lower the Bar: Slowly lower the bar to your chest, keeping your elbows at about a 45-degree angle to your body. Maintain control and avoid letting the bar bounce.

Press the Bar Up: Push the bar upward, extending your arms fully but without locking your elbows. Keep your feet and back steady throughout the movement.

Repeat: Perform for the desired number of reps, maintaining a controlled tempo and proper form.

Re-rack: After your set, carefully guide the bar back onto the rack, making sure it is securely positioned.

Movement Breakdown

Barbell Deficit RDL's



Set up: Lie flat on a bench with your eyes directly under the bar. Plant your feet firmly on the floor.

Grip: Grip the bar slightly wider than shoulder-width, with palms facing forward. Wrap your thumbs around the bar for a secure hold.

Unrack: Press the bar up to lift it off the rack, and hold it directly above your chest with arms fully extended.

Lower the Bar: Slowly lower the bar to your chest, keeping your elbows at about a 45-degree angle to your body. Maintain control and avoid letting the bar bounce.

Press the Bar Up: Push the bar upward, extending your arms fully but without locking your elbows. Keep your feet and back steady throughout the movement.

Repeat: Perform for the desired number of reps, maintaining a controlled tempo and proper form.

Re-rack: After your set, carefully guide the bar back onto the rack, making sure it is securely positioned.

Movement Breakdown

Barbell Hip Thrust



Starting / Top Position

Set up: Sit on the floor with your upper back resting against a bench or elevated surface. Roll a barbell over your hips, positioning it just above your pelvis. Plant your feet flat on the floor, shoulder-width apart, with your knees bent at about 90 degrees.

Grip: Hold the barbell firmly with both hands or use a pad to protect your hips. Make sure the bar is centered on your body.

Brace: Engage your core, squeeze your shoulder blades together, and ensure your back is stable on the bench.

Lift the Hips: Push through your heels and lift your hips towards the ceiling, driving your pelvis upward by fully extending your hips. Squeeze your glutes at the top of the movement without overextending your lower back.

Lower the Hips: Slowly lower your hips back down to the starting position, keeping control of the bar throughout the movement.

Repeat: Perform for the desired number of reps, focusing on controlled movement and glute activation.

Re-set: After completing your set, carefully lower the bar back to the floor and rest.

Movement Breakdown

Bulgarian Split Squats vs. Split Squats



Bulgarian Split Squat:

Stand a few feet away from a bench or elevated surface. Place one foot behind you on the bench, keeping your torso upright. Lower your hips straight down, bending the front knee to about 90 degrees. Push through the front heel to return to the starting position. Repeat on both sides.

Split Squat:

Start with one foot forward and the other extended behind you, with feet about hip-width apart. Lower your back knee towards the ground, bending both knees to about 90 degrees. Keep your chest up and ensure your front knee stays aligned with your ankle. Push through the front heel to return to the starting position, and repeat on both legs.

Movement Breakdown

DB RDL's vs. DB B-stance RDL's



Stance: Stand with your feet hip-width apart.

Grip: Hold a dumbbell in each hand, palms facing your body, arms extended straight down.

Movement: Hinge at the hips while keeping a slight bend in your knees. Lower the dumbbells along the front of your legs, keeping your back flat and chest up. Lower until your hamstrings are fully stretched, then return to standing by driving your hips forward.

Focus: Primarily targets the hamstring and glutes.

Stance: Start in a similar position to the RDL, but place one foot slightly behind the other (like a staggered stance). The foot in front bears most of the weight, while the back foot acts as a stabilizer (toes lightly touching the ground for balance).

Grip: Hold a dumbbell in your hand with your palm facing your body, arms extended straight down.

Movement: Hinge at the hips, lowering the dumbbells along the front of your legs while keeping the chest up and back flat. Focus on the front leg for hamstring and glute activation. Lower until you feel a stretch in the front leg's hamstring, then drive through the heel to return to standing.

Focus: Targets the same muscle groups as regular RDLs but emphasizes one leg at a time for better unilateral activation and balance.

Key Difference:

DB RDLs: Use both legs equally for bilateral hamstring and glute activation.

DB B-stance RDLs: Focus more on one leg at a time, with the back foot providing stability, which can help address imbalances and place more emphasis on the working leg.

Movement Breakdown

Lying Hamstring Curls



Set up: Lie face down on a bench, with your legs fully extended and your knees just off the edge. Hold a dumbbell between your feet, securing it by squeezing your feet together. You can use a small towel or a strap around the dumbbell for better grip if necessary.

Position: Keep your body stable and your core engaged. Make sure your legs are extended and your hips are in contact with the bench.

Curl the Legs: Slowly bend your knees, bringing the dumbbell up toward your glutes by flexing your hamstrings. Keep your hips flat on the bench and avoid lifting your torso.

Peak Contraction: Once your knees are fully bent and the dumbbell is close to your glutes, squeeze your hamstrings for a brief moment.

Lower Slowly: Slowly extend your legs back to the starting position, maintaining control of the dumbbell, and ensuring your hamstrings stay engaged throughout the movement.

Repeat: Perform for the desired number of reps, maintaining controlled movements and good form.

Re-set: After your set, carefully remove the dumbbell and rest.

Movement Breakdown

KB Gorilla Row Combo



Start Position:

Set up two kettlebells on the floor, about shoulder-width apart. Get into a high plank position, with your hands gripping each kettlebell's handle. Your body should form a straight line from your head to your heels. Keep your feet wider than hip-width apart for better stability, and engage your core throughout the movement.

Kettlebell Gorilla Row (First Side):

From the plank position, row one kettlebell towards your torso, pulling your elbow back while keeping your body as stable as possible. Make sure your hips don't rotate during the row. Keep your torso square to the floor. Lower the kettlebell back down to the floor after the row.

Kettlebell Gorilla Row (Second Side):

After completing the first row, perform the same row on the other side, pulling the second kettlebell up toward your torso. Again, avoid rotating your hips. Lower the kettlebell back down to the floor.

2-Arm Kettlebell Row:

After completing the unilateral rows, now row both kettlebells simultaneously. Keep your core engaged, pull both kettlebells towards your torso with elbows driving back, squeezing your shoulder blades together. Lower both kettlebells back to the floor in a controlled motion.

Movement Breakdown

Banded Fire Hydrants standing vs. floor position



Set up:

Get onto all fours with your hands directly beneath your shoulders and knees under your hips. Place a resistance band around your thighs, just above your knees.

Engage your core and keep your back flat.

Movement:

Keeping your knee bent at 90 degrees, lift one leg out to the side, aiming to bring your knee to about hip height (like a dog at a fire hydrant).

Focus on driving the movement with your glutes while keeping your core engaged to prevent any arching in your back.

Squeeze your glutes at the top of the movement, then slowly lower your leg back down with control.

Reps:

Perform the desired number of reps on one leg before switching to the other leg.



Set up:

Place a resistance band around your thighs, just above your knees. If you prefer more tension, use a thicker band. Stand with your feet about hip-width apart and slightly bend your knees. Engage your core and maintain an upright posture.

Movement:

Shift your weight onto one leg while lifting the other leg out to the side, keeping your knee bent at 90 degrees (like a dog at a fire hydrant).

Focus on raising your leg laterally (out to the side) while keeping your hips stable and avoiding leaning or tilting.

Squeeze your glutes at the top of the movement, then slowly return to the starting position.

Reps:

Perform the desired number of reps on one leg before switching to the other.

Movement Breakdown

Banded Glute Bridge vs. Weighted Glute Bridge March



Position the Band: Place a resistance band just above your knees (or around your thighs if you prefer more resistance).

Lie Down: Lie on your back with your knees bent and feet flat on the floor, about hip-width apart. Your arms should rest by your sides with palms facing down. Feet Position: Your feet should be close enough to your glutes that you can touch them with your fingers.

Movement:

Engage Core: Brace your core and squeeze your glutes.

Lift Your Hips: Press through your heels and lift your hips towards the ceiling, squeezing your glutes at the top. Be sure to keep your back neutral—don't over-arch your lower back.

Activate the Outer Glutes: As you lift your hips, push your knees outward against the resistance of the band. This targets the glute medius and minimus.

Lower: Slowly lower your hips back to the floor with control, keeping tension on the band throughout the movement.

Position the Weight: Hold weight in both hands above your chest. You can use a barbell, kettlebell, or a single dumbbell. If using a dumbbell, hold it with both hands.

Lie Down: Lie on your back with your knees bent and feet flat on the floor, about hip-width apart. Hold the weight in position across your hips.

Feet Position: Keep your feet close enough to your glutes so that you can touch them with your fingers.

Movement:

Lift Hips into Bridge: Press through your heels and lift your hips toward the ceiling, squeezing your glutes at the top of the movement.

Marching Movement: Once your hips are fully extended at the top, lift one knee toward your chest while maintaining a stable bridge. Your lifted leg should form a 90-degree angle at the hip and knee.

Return Leg: Slowly lower your leg back to the starting position and repeat with the other leg.

Maintain Stability: Throughout the exercise, keep your core tight, your hips level, and avoid dropping your glutes. The goal is to maintain a solid bridge while alternating the march.

Movement Breakdown

Goblet Squat vs. Sumo Squat



Set up:

Hold a kettlebell or dumbbell with both hands at chest level, keeping your elbows pointing down and the weight close to your body.

Stand with your feet shoulder-width apart or slightly wider, with your toes pointing slightly outward.

Engage your core:

Keep your chest up, shoulders back, and core braced as you initiate the movement.

Your spine should stay neutral throughout the squat.

Squat Down:

Push your hips back and bend your knees to lower your body. Aim to lower your thighs at least parallel to the floor, or deeper if your mobility allows.

Keep the weight close to your chest, with your elbows tracking inside your knees as you squat down.

Ensure your knees are tracking over your toes and not caving inward.

Return to Standing:

Press through your heels, driving your hips forward and returning to a standing position, keeping the weight close to your body. Fully extend your hips and knees at the top, squeezing your glutes.



Set up:

Stand with your feet wider than shoulder-width apart, with your toes pointing outward at about a 45-degree angle.

You can either perform the sumo squat bodyweight or hold a dumbbell, kettlebell, or barbell in front of you.

Engage your core:

Keep your chest lifted and shoulders back. Engage your core as you prepare to squat.

Squat Down:

Push your hips back and bend your knees, lowering your body towards the floor.

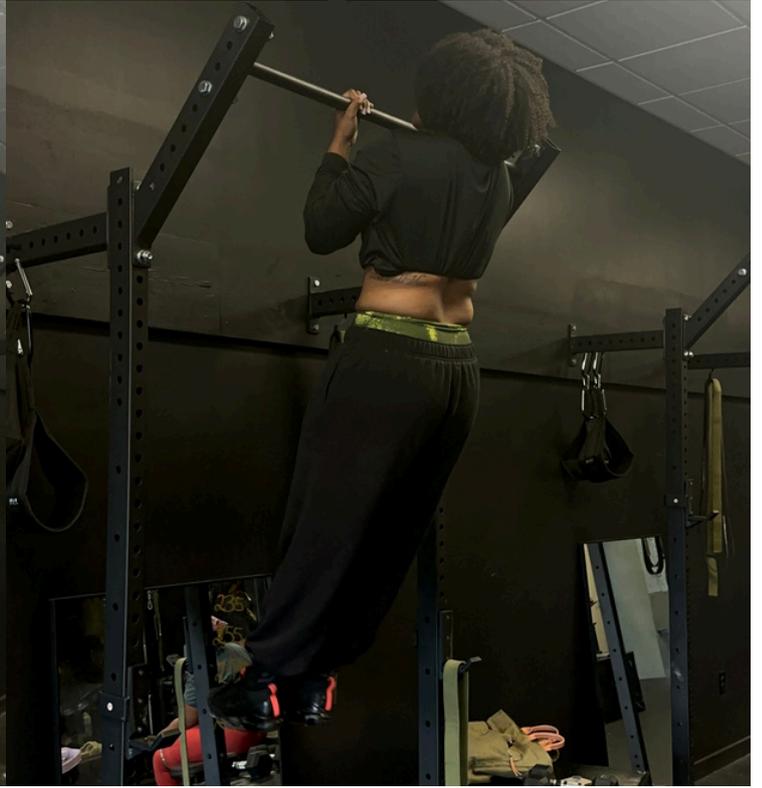
Lower your body as deep as your mobility allows, ideally with your thighs parallel to the ground or deeper. The wide stance will cause your knees to track outward, not inward.

Return to Standing:

Press through your heels, driving your hips forward and returning to the standing position. Fully extend your hips and knees at the top, squeezing your glutes.

Movement Breakdown

Pull Ups vs. Chin Ups



Grip the Bar:

Grab the pull-up bar with an overhand grip (palms facing away) and hands positioned slightly wider than shoulder-width apart. Your arms should be fully extended at the start.

Engage Your Core:

Tighten your core and pull your shoulder blades back to engage your back muscles. Avoid swinging or using momentum.

Pull Up:

Pull your body upward by driving your elbows down and back. Focus on bringing your chest to the bar, not just your chin.

Lower Down:

Slowly lower yourself back to the starting position, fully extending your arms at the bottom for a full range of motion.

Grip the Bar:

Grab the bar with an underhand grip (palms facing you) and your hands positioned shoulder-width apart.

Engage Your Core:

Engage your core and retract your shoulder blades slightly before initiating the pull.

Pull Up:

Pull yourself upward by driving your elbows down and back, focusing on bringing your chin above the bar.

Lower Down:

Slowly lower yourself back down to the starting position, ensuring full arm extension at the bottom.

Movement Breakdown

BB vs. DB Bent over Row



Set Up: Stand with feet hip-width apart, holding the barbell with an overhand or underhand grip. Bend at the hips and knees slightly, keeping your back flat.

Pull: Pull the barbell toward your lower ribcage or stomach, keeping your elbows close to your body. Focus on driving your elbows back, not your hands.

Lower: Slowly lower the barbell back to the starting position, fully extending your arms without rounding your back.

Set Up: Hold a dumbbell in each hand, hinge at your hips, and keep your back flat. Your torso should be nearly parallel to the floor.

Pull: Pull one dumbbell toward your torso, keeping your elbow close to your body, while maintaining stability in your torso.

Lower: Slowly return the dumbbell to the starting position, fully extending your arm.

Movement Breakdown

Kettlebell Swings



Setup:

Stand tall: Begin by standing with your feet shoulder-width apart, with a kettlebell placed slightly in front of you on the floor.

Grip: Hinge at your hips and bend your knees slightly to grab the kettlebell handle with both hands. Your palms should be facing towards you, and your arms should be relaxed.

Posture: Keep your chest up, shoulders back, and core engaged, with your back flat and neutral.

Movement:

Swing the Kettlebell Back:

Push your hips back to initiate the swing (similar to a deadlift). Allow the kettlebell to swing back between your legs, keeping a slight bend in your knees.

Your forearms should lightly brush your inner thighs as the kettlebell moves back. The movement should come from your hips, not your arms.

Explosive Hip Thrust:

Drive your hips forward, pushing through your heels and squeezing your glutes at the top of the movement.

The kettlebell should swing forward, reaching chest height or slightly higher (depending on the type of swing you're performing). As the kettlebell swings up, extend your legs, hips, and torso while keeping your core engaged.

Controlled Descent:

Let the kettlebell swing back down naturally as you push your hips back and return to the starting position.

Keep your back flat and chest up during the downward motion, ensuring the movement is controlled.

Movement Breakdown

Single-Leg Dumbbell Row



Start by standing with your feet hip-width apart. Hold a dumbbell in one hand.

Place your opposite knee and hand on a bench or elevated surface for support, creating a tripod position.

Lift the opposite leg off the ground, keeping it straight and in line with your torso.

Hinge at the hips, maintaining a flat back, and let the dumbbell hang straight down toward the floor.

Row the dumbbell up toward your torso, keeping your elbow close to your body and squeezing your shoulder blade at the top.

Lower the dumbbell back to the starting position, and repeat for the desired reps before switching sides.

Movement Breakdown

Face Pulls



Anchor the Band:

Attach the resistance band to a high point (like a door anchor or a pull-up bar).

Grip the Band:

Hold the band with both hands, keeping your arms extended in front of you and standing a few feet back to create tension.

Pull and Squeeze:

Perform the same motion as with the cable machine: pull the band towards your face, leading with your elbows and spreading your hands outward.
