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| --- | --- | --- |
| Observation | Check | Comments |
| Feet:* proper footwear
* straight in line
* shoulder width apart
* weight on heels
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| Lower Leg & Knees:* perpendicular to the floor
* minimal ankle dorsiflexion
* knees and toes in line
* coordinated extension with hips
* bar stays close to legs/ body
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Hips:* hips sitting back
* tight core
* coordinated extension with knees
* drive through hips to finish lift
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| Upper Body:* flat back maintained
* shoulder blades pinched back
* chest out
* head and eyes up
* overhand grip
* grip shoulder width apart
* arms stay straight (lift from hips not arms)
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| Breathing maintained throughout | \_\_\_\_\_\_\_\_ |  |
| Lower bar same path as lifted | \_\_\_\_\_\_\_\_ |  |