|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Feet:   * proper footwear * straight in line * shoulder width apart * weight on heels | ­­­\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |  |
| 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 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |  |
| 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) | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |  |
| Breathing maintained throughout | \_\_\_\_\_\_\_\_ |  |
| Lower bar same path as lifted | \_\_\_\_\_\_\_\_ |  |