

THE DEADLIFT

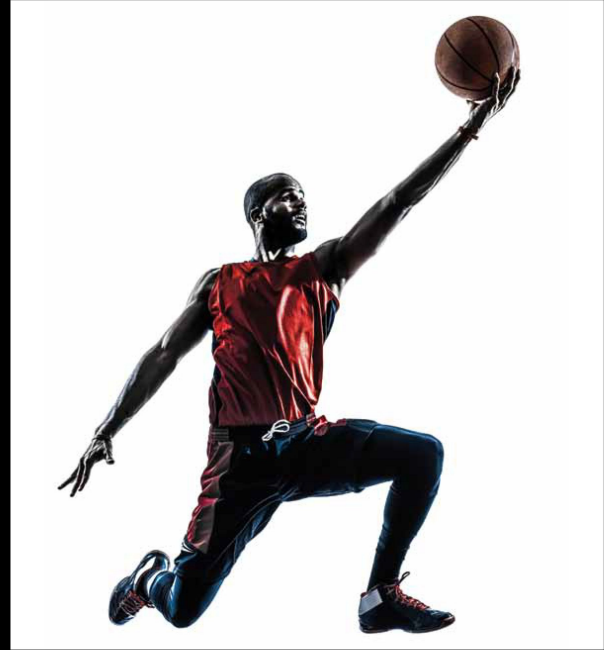


WHERE IS YOUR ANCHOR?

YOUR ANCHOR IS FROM THE TOES TO THE HIPS.

-  **PUSH YOUR BUTT BACK & GRIP YOUR TOES**
-  **WHEN PUSHING**
-  **WHEN PULLING**
-  **WHEN REACHING**

THE LUNGE



HOW DO YOU WANT TO MOVE?

MOVE LIKE AN ATHLETE.

- ⚙️ FLEXIBILITY
- ⚙️ AGILITY
- ⚙️ STABILITY
- ⚙️ BALANCE



THE SQUAT



POWER: WHERE DOES IT COME FROM?




POWER COMES FROM THE HIPS.

- ⚙️ BEND FROM THE HIPS
- ⚙️ HEAD AND CHEST UP
- ⚙️ TOES GRIP THE GROUND
- ⚙️ STICK BUTT BACK

THE TORSO ROTATION



**WHERE DOES MOVEMENT BEGIN?
MOVEMENT BEGINS IN THE CENTER.**

-  ROTATE FROM YOUR HIPS FIRST
-  GRIP YOUR TOES
-  WIDE STANCE
-  STAY BALANCED