

The Front Squat



- Weight in heels
- Chest up
- Hip Hinge
- Elbows up

The Overhead Squat



- Weight in heels
- Chest up
- Shoulder in ears
- Elbows locked

The Shoulder Press



- Weight in heels
- Bar on shoulder
- Feet under hips
- Elbows locked arms straight

The Push Press



- Dip movement
- Elbows up
- Chest up
- Extend hips, knees and then arms

The Deadlift



- Wide stance
- Wide grip
- Hip Hinge
- Life with legs first

The Sumo Deadlift High Pull



- Wide stance
- Narrow grip
- Elbows high
- Bar to chin

The Medicine-Ball Clean



- Fingers down 1st grip
- Shrug
- Fingers up
- Front squat to stand

The Push Jerk



- Weight in heels
- Bar on shoulder
- Dip, Drive, Dip
- Fully extend arms

Isometric and Isotonic contraction	An isometric contraction is a muscle contraction without motion. An isotonic contraction, tension remains the same, whilst the muscle's length changes.
Respiration	The lungs and respiratory system allow us to breathe - Bring oxygen into our bodies and send carbon dioxide out.
Lactic acid	A chemical byproduct of anaerobic respiration — the process by which cells produce energy without oxygen.
Eccentric and Concentric	Eccentric - when the total length of the muscle increases as tension is produced. Concentric - when the total length of the muscles shortens under tension.
Muscle Contraction	is the tightening, shortening, or lengthening of muscles
Isolate	Isolated exercises are movements that target a specific muscle group.
Rotation	this is where the limb turns round its long axis, like using a screw driver.
Core stability	the capacity of the muscles of the torso to assist in the maintenance of good posture, balance, etc., especially during movement.