



## Advanced Orientation Test Expectations

### Setup

- Demonstrates the ability to set J-Hooks/safeties at appropriate height and place barbell properly
- **Squat J-hook** - Set J-hook to about armpit height
- **Squat Safety's** - Set the safeties just below the lowest point the barbell will reach during squat
- **Bench J-hook** - Set with 1-2 inches of clearance from the hooks when you unrack, without compromising your shoulder position.
- **Deadlift** - Barbell placed on ground (not dropped)
- Adjusts equipment as needed

### Strength

- Must lift minimum weight requirement of 45 lb. barbell

### Movement Pattern

- Must complete each movement with proper form and safely

### Barbell Back Squat Step-by-Step

1. Barbell Placement: Position the barbell across your **upper back**, resting on your traps, just below your neck. Ensure the barbell is **evenly distributed** and comfortable.
2. Stance: Stand with your feet shoulder-width apart, **toes slightly pointed outward**. Your stance should **feel natural** and stable.
3. Grip: Grip the barbell with an b, slightly wider than shoulder-width apart. Keep your **elbows pointing** downwards. Descent: Push your hips back and bend your knees. Keep your core engaged and back straight.
4. Descent: Start the descent by pushing your **hips back** and bending your knees. Maintain a **straight back** and keep your **core engaged**. Imagine sitting back on a chair.

5. **Depth:** Aim for a **full squat**, where your thighs are parallel to the ground or lower. However, **prioritize form** over depth, especially when starting out.
6. **Ascent:** Drive up through your heels, engaging your glutes and quads. Push your **hips forward** and extend your legs to return to a standing position.
7. **Breathing:** Inhale as you descend and exhale as you ascend. This **helps maintain core stability** and prevent Valsalva maneuver.

### **Barbell Bench Press Step-by-Step**

1. **Grip the Barbell:** Grasp the bar with a grip slightly wider than shoulder-width. Wrap your thumbs around the bar for stability.
2. **Unrack the Barbell:** With control, lift the bar off the rack and position it over your chest.
3. **Lowering the Bar:** Slowly lower the bar to your mid-chest, keeping your elbows at about a 45-degree angle from your body.
4. **Pressing Up:** Exhale as you press the bar upwards, extending your arms fully.

### **Barbell Deadlift Step-by-Step**

1. Stand behind a loaded barbell. Ensure your feet are halfway under the bar, with the bar passing over your laces. Position your feet directly under your hips and point your toes slightly outward.
2. Extend your hands in front of your body, then let them fall naturally by your sides. This natural spacing is ideal. Use a double overhand grip with both hands over the barbell.
3. Bend your knees slightly to lower your body to the bar. Keep a neutral back position with your chest up.
4. Grab the bar with your thumbs tucked under your index and middle fingers. Squeeze tightly and tense your shoulders.
5. Take a deep breath in and engage your core. Push your heels through the floor to begin the lift. When the bar reaches knee level, engage your glutes.
6. Push your hips forward as you stand up fully.
7. Pause briefly at the top position. Return the barbell to the ground under control and repeat.

## Common Reasons for Failure

- **Deadlift:** Rounded back, knees valgus, barbell excessively far from body, no lockout at top of deadlift.
- **Squat:** Rounded back, knees valgus, hips not reaching parallel, heels off ground, barbell movement not parallel to ground, barbell on neck.
- **Bench:** Elbows flare excessively, elbows do not break 90 degrees, bar path is not to mid-chest, barbell movement not parallel to ground, inability to rack bar safely