



## **Coaching Cues Cheat Sheet**

*I have found the following coaching cues to be extremely effective for teaching proper form and technique in a large group setting.*

*Instead of softly speaking to one individual, I loudly bark the following commands to an entire station performing that particular movement pattern in order to promote corrections on a grand scale.*

*I also credit these coaching cues, in conjunction with our beginner bootcamp prerequisite and our custom Level I, II, and III exercise progressions for all fitness level, for the extremely low incidence of injury in our bootcamp program.*

*In addition, please note that it's best to speak in fragments- in kind of a bullet point style- in order to be able to say as much as possible in as little time as possible.*

*Lastly, I think it's just as important to say what NOT to do as it is to say what to do and that's why you'll notice both options under each of the following foundational movement patterns.*

### **1.) Push-up Variations**

- *tight abs, tight glutes, tight elbows*
- *maintain straight line from head through heels*
- *lead chest to floor with body as one unit*
- *DO NOT let hips sag or pike up!*
- *DO NOT let elbows sprawl out wide!*

**Cheat it Right:** Begin in a static and stationary environment with a push-up hold. With your hands just inside shoulder-width apart, perform push-ups on your fists or while holding the handles of a dumbbell or kettlebell placed on the floor. This will force you to keep your elbows tight to your side and best prevent you from going down too low and sacrificing perfect form and technique. This has the added benefit of taking pressure off of the wrists as well.

## 2.) 2-Leg Hip Hinge/Stiff-Legged Deadlift (SLDL) Variations

- *chest out, knees flexed, heels loaded*
- *hinge back at hips while maintaining flat back*
- *push hips forward to full stand squeezing glutes at top*
- *DO NOT round lower back!*
- *DO NOT squat down!*

**Cheat it Right:** Use the quad burning test: if you feel your quads burning it means you are squatting down and bending at the knees too much and not hinging back at the hips enough. You want to make yourself feel it in the butt. Lastly, try pulling your toes off the ground throughout the exercise to really feel what it's like to load your heels.

## 3.) 1-Leg Hip Hinge/Stiff-Legged Deadlift (SLDL) Variations

- *chest out, knee flexed, heel loaded*
- *hinge back at the hips while maintaining a flat back*
- *reach limbs as far away from each other as possible*
- *DO NOT round lower back!*
- *DO NOT squat down!*

**Cheat it Right:** Stand about 3-4 feet in front of a wall or post. As you hinge back at your hips and extend your limbs away from each other, let your finger tips graze the wall to help provide more stability during the exercise. As your balance improves, eliminate the finger tip assistance.

## 4.) Rowing Variations

- *initiate by pulling shoulder blades down and back*
- *drive elbows tight past ribcage until hands reach armpit level*
- *hold for a count and lower in control*
- *DO NOT shrug your shoulders!*
- *DO NOT flex your wrists!*

**Cheat it Right:** Perform rows with a neutral grip with the palms facing each other. This best reinforces the concept of keeping your elbows tight to rib cage and pulling the shoulders down and back to prevent unwanted shrugging.

## 5.) Squat Variations

- *eyes up, chest out, knees out*
- *sit back and down until front thighs parallel to floor*
- *load outer heels to activate glutes*
- *DO NOT look down!*
- *DO NOT come forward on toes or let knees cave in!*

**Cheat it Right:** Place a chair or bench under your butt so it really forces you to sit down and back and adequately load your outer heels. Goblet squats work well for teaching you how to sit down and back and load your heels since holding a weight in the front of your body provides excellent counterbalance so you don't fall back. In addition, performing TRX assisted squats will help you unload your bodyweight to best achieve a deep squat position. Lastly, place a mini band around your knees to force your hip abductors to push outwards against the band further activating your glutes.

## 6.) Sagittal Plane Lunge Variations

- *step front leg way out in front of body*
- *stay tall up top and load the front heel*
- *drop hips until back knee grazes floor*
- *DO NOT come onto toes!*
- *DO NOT let knee drive past ankle!*

**Cheat it Right:** Begin in a static and stationary environment with the split squat. Place your front foot in direct contact with a wall to prevent your front knee from driving forward past your toes. If the front knee touches the wall, that means you need to drop at the hips more and do a better job of loading the heel.

## 7.) Frontal/Transverse Plane Lunge Variations

- *keep toes pointing directly ahead*
- *stay tall up top and load the heel of lead leg and keep trail leg straight*
- *push hips back and down until thigh of lead leg is parallel to floor*
- *DO NOT come onto toes!*
- *DO NOT let knee drive past ankle!*

**Cheat it Right:** Begin in a static and stationary environment with the lateral/rotational squat. Place your lead leg's foot in direct contact with a wall to really teach you how to sit down and back into the heel of your lead leg while keeping your toes pointing directly ahead.

## 8.) Front Plank Variations

- *tight abs, tight glutes*
- *maintain straight line from head through heels*
- *keep hips and shoulder square throughout*
- *DO NOT let hips sag or pike up!*
- *DO NOT let pelvis rotate!*

**Cheat it Right:** Begin in a static and stationary environment with a front pillar hold. Place a dowel, foam roller, or broomstick on your back so it's in line with your spine. Optimal alignment is achieved when the object simultaneously makes contact with your head, upper/mid back, and butt.

## 9.) Side Plank Variations

- *raise hips as high as possible with chest out and glutes tight*
- *maintain straight line from head through heels*
- *lean back against imaginary wall*
- *DO NOT round forward!*
- *DO NOT let head drop!*

**Cheat it Right:** Perform side pillars against a wall. This provides great feedback because optimal positioning is achieved when the head, upper/mid-back, and butt all simultaneously make contact with the wall.

## 10.) 2-Leg and 1-Leg Hip Extension Variations

- *drive through the heel(s)*
- *keep abs tight*
- *use butt to raise hips to form straight line from head through knees*
- *DO NOT hyperextend lower back!*
- *DO NOT let toes touch floor!*

**Cheat it Right:** Pull your toes towards your shins and place all of your weight on the back of your heels. This helps relax the often tight and overactive calves and hamstrings in addition to preventing cramping in these areas. Furthermore, loading the heels promotes maximum glute activation.