

POWER STANDARD 1: I Can Move Correctly

WEIGHT TRAINING

Name: _____

Please circle the correct answer for the technique and muscles used for each lift.

Lift	Technique	Major muscles used
Bench press	With wide overhand grip, lower weight to midchest.	Pectorals
	With narrow overhand grip, lower weight to belly button.	Quadriceps
	With wide underhand grip, lower weight to midchest.	Rhomboids
Squat	Bend at waist, knees slightly over toes, and come to parallel position.	Gluteal muscles
	Bend through knees with the bar on back until hips come lower than parallel.	Obliques
		Latissimus dorsi
Leg press	Flex hips and knees to lower lever until hips are completely flexed. Push platform by extending knees and hips.	Quadriceps and gluteal muscles
	Lower lever to slight knee flexion and then push platform by extending legs straight.	Hamstrings and gastrocnemius
		Gluteal muscles and gastrocnemius

1. Please explain the difference between an auxiliary lift and a core lift.
2. Please explain the difference between the muscular endurance lifting phase and the muscular strength lifting phase?