

# 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