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## **SQUAT**

- **FAILURE TO ASSUME AN UPRIGHT POSITION WITH THE KNEES LOCKED AT THE COMMENCEMENT AND COMPLETION OF THE LIFT.**

## **BENCH PRESS**

- **EXCESSIVE UNEVEN EXTENSION OF THE ARMS DURING THE LIFT.**
- **ANY DOWNWARD MOVEMENT OF THE BAR IN THE COURSE OF BEING PRESSED OUT**
- **FAILURE TO PRESS THE BAR TO FULL EXTENSION OF THE ARMS AT THE COMPLETION OF THE LIFT**

## **DEADLIFT**

- **ANY DOWNWARD MOVEMENT OF THE BAR BEFORE IT REACHES THE FINAL POSITION**
- **SUPPORTING THE BAR ON THE THIGHS DURING THE PERFORMANCE OF THE LIFT**