



SQUAT

- **FAILURE TO BEND THE KNEES AND LOWER THE BODY UNTIL THE TOP SURFACES OF LEGS AT THE HIP JOINT ARE LOWER THAN THE TOP OF THE KNEES**

BENCH PRESS

- **BAR NOT MOTIONLESS ON THE CHEST**

DEADLIFT

- **FAILURE TO LOCK THE KNEES STRAIGHT AT THE COMPLETION OF THE LIFT.**
- **FAILURE TO STAND ERECT WITH THE SHOULDERS BACK**