

Name: \_\_\_\_\_

Directions: Make groups of 3-4. Each group will need two phones that can record video. You will perform four reps while your partners record you from two different perspectives, front and side.

Before lifting, read through the list of key elements to the skill to help reinforce good technique and safety. After you have read the list, completed the lift and filming, then you and your partners will watch each Rep and draw an X in the box corresponding to indicate which of the critical skill elements are present. You will have to watch your reps multiple times to assess each key element properly.

<b>Skill: Dead Lift</b>	<b>Rep 1</b>	<b>Rep 2</b>	<b>Rep 3</b>	<b>Rep 4</b>
Feet straight beneath hips				
Create torque by screwing feet into the ground, complete bracing sequence				
Keep your back straight and lower body by hinging forward at the hips. Reach hamstrings/hips back and keep shins vertical				
Heels stay on ground				
BEFORE lifting, create tension in your hips and hamstrings by raising your hips and pulling your knees back. (Note: NO change in spinal position)				
Lift in a single movement Extend Hips and knees simultaneously				
Back straight Not rounded or arched				
Keep your head neutral				