Name of Person on Bench:

Name of Person Spotting:

Weight Lifted:

**What to look for on the first set**

* Hands evenly distributed apart, slightly outside of shoulders\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Hands are closed grip with thumb locked on other fingers\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did he do wrong on this set

**What to look for on the second set**

* Buttox, hips, legs and feet are all lying flat and don’t leave the bench/floor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did he do wrong on this set

**What to look for on the third set**

* Back is slightly arched, with just enough room for a hand\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Students inhale with the bar going down, exhale with the bar going up\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Bar comes down to the chest but doesn’t touch the chest\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did he do wrong on this set

**Person with the weight:**

**Person doing the writing:**

**Weight:**

**Squat**

**What to look for on the first set:**

* Feet are shoulder width apart ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_
* Hands are evenly distributed on the bar­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_
* Bar is resting below the neck, on the Trap muscles ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_

What went wrong on this set:

**What to look for on the second set:**

* Back is tight (no arch) ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_
* Glutes and hips go down below the knee ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_
* Heels stay planted on the ground ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_

What went wrong on this set:

**What to look for on your third set:**

* Is your partner’s chest out and showing numbers? \_\_\_\_\_\_\_\_\_\_\_
* Is your partner breathing? ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_
* Are eyes up? \_\_\_\_\_\_\_\_\_\_\_

What went wrong on this set:

Person doing deadlift:

Person grading:

Weight:

**Deadlift**

Set one:

Are the feet slightly passed shoulder width?\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the chest out and showing?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the butt down?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What went wrong on this set:

Set two:

Are the eyes up?\_\_\_\_\_\_\_\_\_\_\_\_\_

Is the back tight and flat?\_\_\_\_\_\_\_\_\_\_\_\_

Do the hips fire forward?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What went wrong on this set:

Set Three:

Does the chest stay showing each time the person moves up and down with the weight?\_\_\_\_\_\_\_\_\_\_\_

Do the hips fire every time?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What went wrong on this set?