

2

SQUAT

Failure to assume an upright position with the knees locked at the commencement and completion of the lift.

Changing the position of the bar across the shoulders more than the diameter of the bar after the commencement 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.