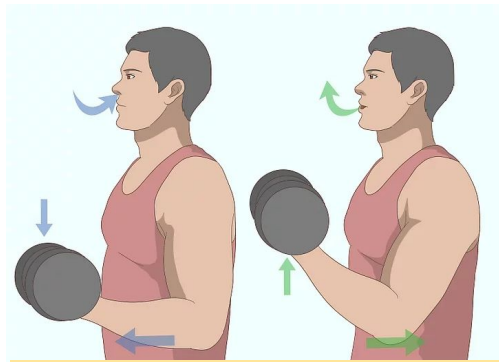


MY NAME: Jake Choi

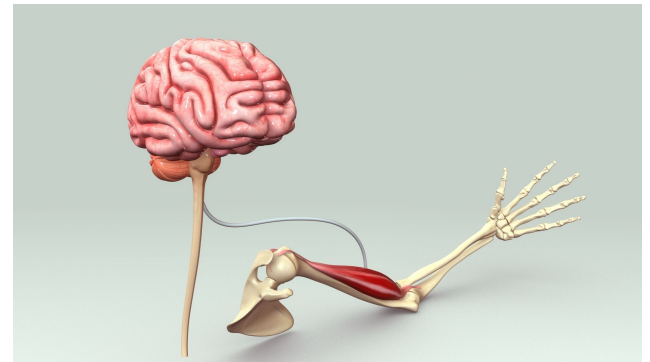
PEER ASSESSOR'S NAME: Marcus Jung

MY FORM ANALYSIS

5 RULES FOR WEIGHT LIFTING



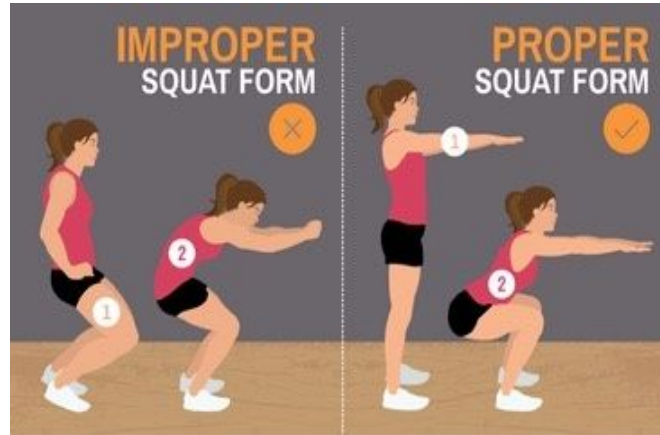
Breathe! Inhale to prepare, exhale upon resistance



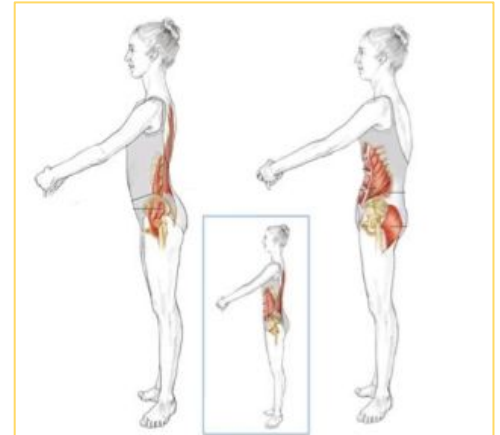
Feel the targeted muscles
**Mind-to-muscle connection*



Safety checks 1st: spotter, safe weight, clear space



Correct **form** over everything



Brace your core

SQUAT

Face forward, proud chest

Neutral spine & neck

“Sit butt back”

Knees in line with toes

Push through whole foot

Engage core (belly to spine)



SQUAT

ANALYSIS

Indicate what specific areas of your form should be corrected and how by using the teaching cues and videos.

Peer Observations	Your Observations	How did it feel
<ul style="list-style-type: none">- Overall good posture.- Had tendencies to move center of mass to the front. Corrected posture halfway through.- Rigid knees lend concern to balance.	<ul style="list-style-type: none">- Good upper body movement- Very straight and rigid lower body movement- Balance was good.- Corrected posture halfway through the video.	<ul style="list-style-type: none">- I felt some muscles, especially thigh muscles, being stretched when lowering my body.- Felt that balancing is important.- Felt a little exhausted after the squat.

[Insert video of YOU performing a squat here]



CHEST PRESS

Shoulder blades on bench

Keep core braced

Weights above shoulders

Strong wrists

Feet flat on floor

Elbows stop at bench

Elbows down 45-degrees



CHEST PRESS

ANALYSIS

Indicate what specific areas of your form should be corrected and how by using the teaching cues and videos.

Peer Observations	Your Observations	How did it feel
<ul style="list-style-type: none">- Unsteady, jerky movement.- Good back posture.- Arms were 45 degrees, followed the correct motions/posture.	<ul style="list-style-type: none">- Appropriate J-shape formed when performing.- Arms in appropriate angle when lowering the pole.- Legs are well attached to the floor.	<ul style="list-style-type: none">- Felt that it is important to match the breathing and chest press performance.- Felt a stimulation in shoulder, chest, and triceps.- Felt the need for more challenging object instead of a pole.

[Insert video of YOU performing a chest press here]



DEADLIFT

Slight bend in knees

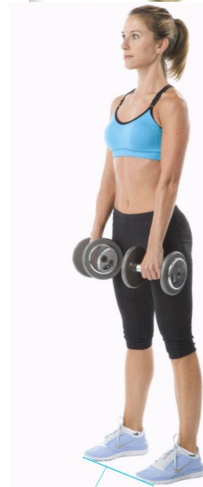
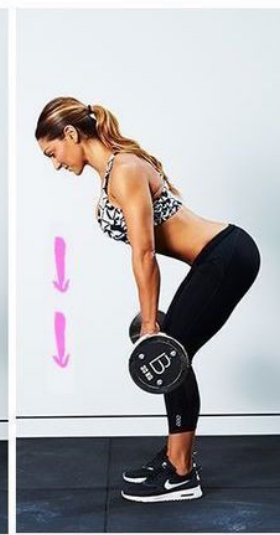
Feet shoulder width apart

HINGE @ hips, keep back straight

Push butt back to wall

Thrust hips forward, squeeze abs & glutes

Eyes forward, proud chest



Shoulder-width



DEADLIFT

ANALYSIS

Indicate what specific areas of your form should be corrected and how by using the teaching cues and videos.

Peer Observations	Your Observations	How did it feel
<ul style="list-style-type: none">- Good rigid back, proud chest posture is good as well.- Overall, has the correct posture.- Weight moves up and down vertically.	<ul style="list-style-type: none">- Appropriate posture of straight back and chest.- Overall, my view was always focused on the front, which is good.- The force was concentrated on my legs during the performance.	<ul style="list-style-type: none">- Understood the significance of lifting the kettlebell by focusing the force on my legs.- I felt that I should be aware not to focus the force on my back to avoid injuries.- I enjoyed this workout.

[Insert video of YOU performing a deadlift here]

