



## **SQUAT**

- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.

## **BENCH PRESS**

- Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or is touching the belt.

## **DEADLIFT**

- Failure to lock the knees straight at the completion of the lift.
- Failure to stand erect with the shoulders back.