

# Coach Green's

## Power Lifting and Weight Training Safety Rules

**My weight training safety rules are designed to protect you and your training partners, and anyone who may be training near you in the gym.**

**Load and unload bars free bars evenly.** Double check each side before you start a lift. Use clamps on each side. Only use minimum 1500 pound test Olympic bars on heavy free weight lifts.

**On plate loaded machines make sure the weight is evenly distributed,** and do not put on any plates that overextend past the end of the support bars. During all plate loaded exercises, the weight must be controlled through the entire range of motion.

**Everyone must have a spotter on all free bar exercises including,** squats, bench press, incline press, and shoulder press, You must have a spotter on all heavy dumbbell work (e.g. bench and incline).

**Everyone must use a power lifting belt** on heavy squats, dead lifts, and power cleans, when lifting near max weight (e.g. on 70% to 100% of your current one rep max; and on all heavy lifts such as 3 rep maxes).

**Always wear properly sized shoes,** and lace up shoes tight.

**Focus, absolutely no horseplay or talking** during a set, except for communicating about the lift with your spotter or Coach Green.

**All spotters must be in the proper position before a set starts.** Spotters should be close to equal strength and size, or bigger. Spotters must pay attention and use proper technique no exceptions.

**Warm-up properly with your lifting progressions.** Your first set should be 60% of the total weight you can safely perform for 8 reps on any given exercise (e.g. 150 lbs. is your max weight for 8 reps on lat pull downs. Multiple 150 by .6 (60%) and this equals your starting weight of 90 lbs.).

## **Hitting Your One Rep Max**

Never max out after only one or two warm-up sets. In fact, your "max lifts" should start on your fourth or fifth set, using the Pyramid Lifting Principle properly. Max lifts shall not be performed without a spotter, and must be approved by Coach Green prior to doing so!

**Proper technique and body position must be maintained throughout the set.** Keep your feet, knees, and hips lined up correctly during all standing exercises.

**Do not bounce the bar off your chest,** during the transition from the negative end of the movement back to the positive start, on a bench press or incline press. Do not over-arch your back by pushing your hips off the bench, during a bench press or incline press.

**Do not bounce at the bottom end of the squat.** Control the negative movement and then explode back up. Always maintain an athletic stance, and do not lock out your knees during all free bar and dumbbell standing exercises.

**Keep the bar resting on your trapezoid muscle** and not your spine during squats. Be careful not to overextend your arms backwards on an overhead military press. Go straight up keeping your hips, shoulders, and hands in a straight line.

**Going to parallel depth is what you want to do on a squat,** but if you start to break 90 degrees (thigh position in relationship to calf position) with heavy weight, you are setting yourself up for a possible knee injury and long term knee problems later in life. If necessary, always cheat a standing movement vertically and never horizontally. In other words, no swinging.

**Get your ego in check!** If you're not strong enough to control the weight, then you're not ready to lift it! Do not drop or throw weights ever! That is reserved for power lifting competitions with the proper type of flooring and space.

**Upon completion of all lifts unload bars completely and stack plates neatly** and in the proper sequence 45's with 45's, 25's with 25's, etc.

**Step away from the dumbbell racks to begin those lifts.** In other words, keep the racks clear for others to use.

**On all cable work and selectorize machines do not drop the stack** at the end of the set. Maintain perfect posture with chest up and shoulders back on upper body lifts. Do not round your back or concave your chest.

**Maintain a 90 degree forearm and bicep position on all overhand press movements** (e.g. bench, incline, and military press). This also applies to overhand lat pull downs as well at the bottom of the movement.

**For max lifts on the bench press** use the three quarter power lifting arm position. This will help protect your shoulders and should increase your strength when performed properly.

**We are all about maintaining balance, athletic positioning, coordination, and controlled explosion** during our weight training. Set up correctly at the start of each exercise and follow through properly.

**We train at a very fast pace.** It's important for all athletes to be on time to their training sessions so they can warm up and stretch out properly. In the Gym with Coach Green Athletes shall not perform any weight training exercises on their own, before, during, or after a session is completed unless specifically instructed by Coach Green to do so.

**Athletes shall inform Coach Green of all injuries, muscle pulls, strains, etc. prior to the start of their weight training session.**

**Outside of the Gym** I strongly recommend that middle school and high school athletes never lift weights on their own. At the very least they should have a competent spotter, who is truly knowledgeable in each specific lifting exercise and technique. Young athletes often display numerous technique mistakes, overtraining scenarios, while exposing themselves to serious injury.

**Make sure you follow my safety rules and proper lifting techniques at all times.** By doing so you will decrease the chance of injury, and you will improve your muscular, ligament, tendon, and skeletal strength more quickly.

**Train Specific for Your Physical Needs,  
Current Level of Development, Sport, and Position!**