

Beginner to Barbell

An Introduction to Strength Training



beSTRONG

Do you want to start strength training
but aren't sure where to start?

We've got you covered!

Strength training can aid in injury prevention,
improve performance and longevity in life
and in sport.

This program introduces fundamental lifts like squats,
deadlifts, rows, presses and carries.
Gradually progressing to build a solid foundation.

With a focus on proper form and gradual intensity,
our Beginner to Barbell sets you up for a strong and
successful journey.

Equipment Required: A set of Dumbbells/Barbell or
access to a gym

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Squat

click each box for an explanation or movement demonstration

Points of Performance

- Shoulder width stance
- Hips descend back and down
- Hips descend lower than knees
- Lumbar curve maintained
- Heels down - weight distributed throughout feet
- Knees in line with toes
- Complete at full knee/hip extension

Common Mistakes

- Hips go too far back
- Toes lifting up
- Knees coming too far forward
- Heels lifting up
- Knees coming together and caving in at bottom of squat

1.



Squat to Bench

2.



Air Squat

3.



Goblet Squat

4.



Barbell Back Squat

Horizontal Push

click each box for an explanation or movement demonstration

Points of Performance

- Supine with a neutral spine and feet planted firmly on the floor – note: arch in the back is ok
- Head, shoulders, butt and feet should make contact with the bench and floor
- Position on bench so that eyes are below the bar
- Grip bar with hands slightly wider than shoulder width
- Lower bar to chest allowing elbows to bend out to the side
- Press feet firmly into floor and push bar straight up

Common Mistakes

- Bringing the dumbbells out to wide
- Bringing the dumbbells to far forward or too far back
- Wrists curling back

1.



2.



3.



4.



5.



Overhead Press

click each box for an explanation or movement demonstration

Points of Performance

- Feet hip width apart
- Elbows are slightly in front of the body
- Want wrists and elbows over the top of shoulders
- Keep rib cage down
- Keep pelvis pushed forward

Common Mistakes

- Press barbells too wide
- Press barbells too far in front
- Let the elbows drop too low in bottom position
- Rib cage flares

1.



2.



3.



4.



5.



Row/Vertical Pull

click each box for an explanation or movement demonstration

Points of Performance

- Create a box with your body
- Knee on bench is stacked underneath the hip
- Long supported arm
- Wrist stacked under shoulder
 - Back is straight
- When pulling dumbbell to body wrist comes to side elbow travels beyond top of body

Common Mistakes

- Pulling dumbbell to shoulder instead of allowing elbow to travel past body
- Rounding upper back

1.



**Single Arm
Dumbbell
Row**

2.



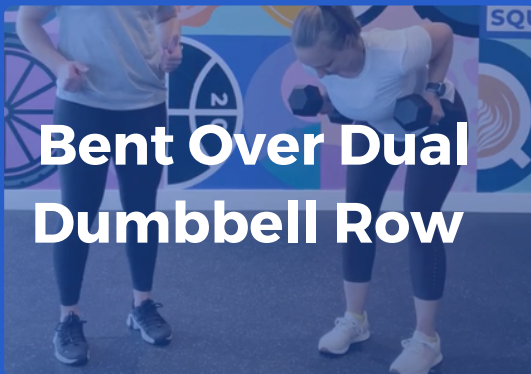
Seated Row

3.



Lat Pulldown

4.



**Bent Over Dual
Dumbbell Row**

5.



**Bent Over
Barbell Row**

Hinge

click each box for an explanation or movement demonstration

Points of Performance

- Shoulder width stance
- Toes pointing forward
- Reach hips back and top of head forward
- Maintain a neutral spine
 - Keep arms long
 - Bar stay close to body
- As standing hips come all the way through so shoulders, hips and knees are in a straight line

Common Mistakes

- Knees push back to far and toes lifting
- Lead with chest causing back to round and shoulders go forward
- Too much knee bend - turns into a squat pattern instead of a hinge

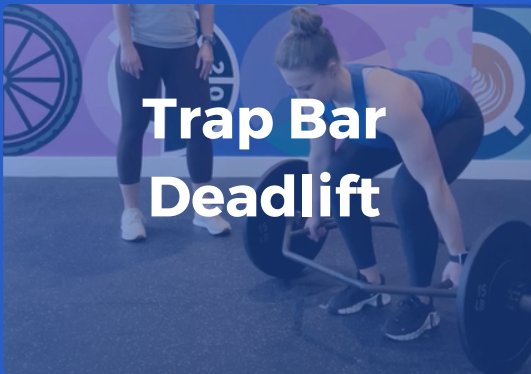
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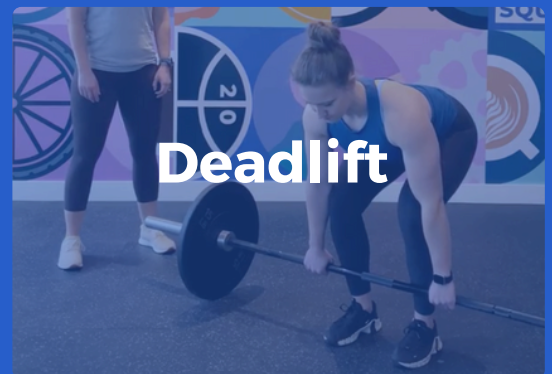
2.



3.



4.



Carry

click each box for an explanation or movement demonstration

Points of Performance

Eyes forward
Stack shoulders over hips and ankles
Stand nice and tall
Keep weights at side

Common Mistakes

- Have weights too far forward causing shoulders to round
- Rib cage flaring forward

1.



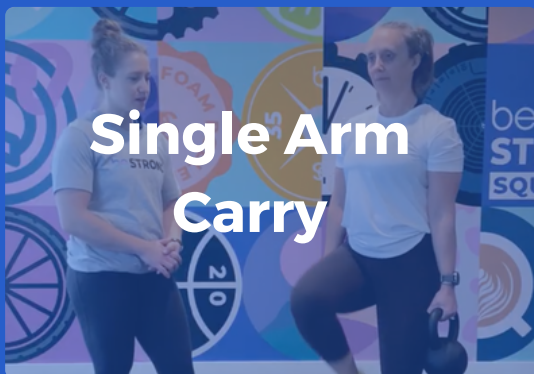
Farmer Carry

2.



Front Rack Carry

3.



Single Arm Carry

4.



Offset Carry

Congratulations!

How do you feel?
Let us know on social, e-mail or leave us a
Google Review.

Your strength journey doesn't have
to end here.

Want to keep working together and
experience personalized coaching and
workouts you're guaranteed to love and
see results with?

Let's connect:

Book in a complimentary consultation:
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