

WEIGHT ROOM TECHNIQUES RUBRIC

Skills	Excellent Skill Level 4 pts	Advanced Skill Level 3 pts	Intermediate Skill Level 2 pts	Basic Skill Level 1 pt	No Effort Skill Level 0 pts = Inc.
SQUATS	<ul style="list-style-type: none"> ● Athletic Stance ● Wide hand grip ● Bar on shef on upper back ● Eyes looking up ● Chest out ● Heels stay on the ground ● Quadriceps are parallel 	<ul style="list-style-type: none"> ● Athletic Stance ● Bar on shef on upper back ● Eyes looking up ● Chest out ● Heels stay on the ground 	<ul style="list-style-type: none"> ● Athletic Stance ● Bar on shef on upper back ● Eyes looking up ● Chest out 	<ul style="list-style-type: none"> ● Athletic Stance ● Bar on shef on upper back ● Chest out 	No Effort
BOX SQUATS	<ul style="list-style-type: none"> ● Box height is slightly higher than parallel ● Wide hand grip ● Bar on shef on upper back ● Athletic Stance, with heels inline with front of the box ● Eyes looking up ● Chest out ● Heels stay on the ground ● Sit down on the box and stand up (no rocking) 	<ul style="list-style-type: none"> ● Box height is slightly higher than parallel ● Bar on shef on upper back ● Athletic Stance, with heels inline with front of the box ● Eyes looking up ● Chest out ● Heels stay on the ground ● Sit down on the box and stand up 	<ul style="list-style-type: none"> ● Bar on shef on upper back ● Eyes looking up ● Chest out ● Sit down on the box and stand up 	<ul style="list-style-type: none"> ● Bar on shef on upper back ● Chest out ● Sit down on the box and stand up 	No Effort
BENCH PRESS	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● Back stays on the bench ● 90 degrees hand grip ● Bar touches the chest ● Breathing consistently 	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● 90 degrees hand grip ● Bar touches the chest ● Breathing consistently 	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● Bar touches the chest ● Breathing consistently 	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● Breathing consistently 	No Effort
TOWEL BENCH	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● Back stays on the bench ● 90 degrees hand grip 	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● 90 degrees hand grip ● Bar touches the towel only 	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● Bar touches the towel only 	<ul style="list-style-type: none"> ● Eyes on the bar ● Heels on the ground ● Breathing consistently 	No Effort

	<ul style="list-style-type: none"> ● Bar touches the towel only ● Breathing consistently 	<ul style="list-style-type: none"> ● Breathing consistently 	<ul style="list-style-type: none"> ● Breathing consistently 		
DEADLIFT	<ul style="list-style-type: none"> ● Athletic Stance ● Squat down to pick up the bar ● Eyes looking up ● Back straight ● Arms straight w/shoulders stay down throughout the lift ● Squat down at the end to release the bar 	<ul style="list-style-type: none"> ● Athletic Stance ● Squat down to pick up the bar ● Eyes looking up ● Back straight ● Arms straight w/shoulders stay down throughout the lift 	<ul style="list-style-type: none"> ● Athletic Stance ● Squat down to pick up the bar ● Eyes looking up ● Arms straight w/shoulders stay down throughout the lift 	<ul style="list-style-type: none"> ● Athletic Stance ● Eyes looking up ● Arms straight w/shoulders stay down throughout the lift 	No Effort
POWER CLEAN	<ul style="list-style-type: none"> ● Feet start shoulder width apart ● Hands in a narrow grip, line up beside the knees/legs ● Eyes looking up ● Back straight ● Start with the weight on the ground ● One motion ~ high pull & wrist flip ● Front Squat - split jump to the side ● Elbows up ● Reset position ● Squat the bar back down when finished. 	<ul style="list-style-type: none"> ● Feet start shoulder width apart ● Hands in a narrow grip, line up beside the knees/legs ● Eyes looking up ● Back straight ● Start with the weight on the ground ● Front Squat - split jump to the side ● Reset position ● Squat the bar back down when finished. 	<ul style="list-style-type: none"> ● Feet start shoulder width apart ● Hands in a narrow grip, line up beside the knees/legs ● Eyes looking up ● Start with the weight on the ground ● Front Squat - split jump to the side ● Squat the bar back down when finished. 	<ul style="list-style-type: none"> ● Feet start shoulder width apart ● Hands in a narrow grip, line up beside the knees/legs ● Eyes looking up ● Start with the weight on the ground 	No Effort
SPOTTING	<ul style="list-style-type: none"> ● Constantly watching their lifter ● Always performing the proper spotting techniques with each lift ● Always giving proper feedback to the lifter - Positive encouragement and corrective instruction if needed. 	<ul style="list-style-type: none"> ● Constantly watching their lifter ● Sometimes performing the proper spotting techniques with each lift ● Sometimes giving proper feedback to the lifter - Positive encouragement and corrective instruction if needed. 	<ul style="list-style-type: none"> ● Sometimes watching their lifter ● Sometimes performing the proper spotting techniques with each lift ● Raley giving proper feedback to the lifter 	<ul style="list-style-type: none"> ● Raley watching their lifter ● Raley performing the proper spotting techniques with each lift ● Never giving proper feedback to the lifter 	No Effort