

## Practical Test Out Evaluation Guidelines

### **Core Lifts:**

#### **Deadlift (Pronated Grip)**

- Spine is neutral.
  - Lumbar Curve
  - Shoulder Blades retracted
- Bar stays close to body.
- Hips are extended fully at the top of the lift.
- Maintains control throughout the entire lift.

#### **Front Squat**

- Bar rests on front of shoulders.
- Both Humerus are parallel to floor.
- Spine is neutral.
  - Lumbar Curve
  - Shoulder Blades retracted
- Knees remain behind toes.
- Heels remain on the floor.
- Both Femurs are parallel to the floor (at least)

#### **Overhead Squat**

- Bar remains fixed, overhead.
- Head comes through arms.
- Spine is neutral.
  - Lumbar Curve
  - Shoulder Blades retracted
- Knees remain behind toes.
- Heels remain on the floor.
- Both Femurs are parallel to the floor.

## **Olympic Lifts:**

### **Clean**

- Hands are between hip and shoulder width apart.
- Shoulders are over bar.
- Head is up.
- Spine is neutral.
- Bar stays close to body.
- Heels come off the floor on the second pull.
- Maintains control through the catch.
- Maintains neutral spine through entire lift.
- Elbows are high, Humerus are parallel to the ground after the catch.
- Hips are fully extended before the drop

### **Jerk**

- Bar rests on shoulders.
- Elbows are pointing forward, Humerus are parallel to the ground.
- Spine is neutral, head is up.
- Dip and Drive are evident.
- Head comes through the arms after the drive.
- Bar remains fixed overhead.

### **Snatch**

- Hands are wider than shoulder width.
- Shoulders are over bar.
- Head is up.
- Spine is neutral.
- Bar stays close to body.
- Heels come off the floor on the second pull.
- Hips extend through the second pull.
- Head comes through the arms after the catch.
- Bar remains fixed, overhead.