Swimmer/Diver:

Please watch the videos below prior to lifting. These videos provide very good visual and technique guidelines for several exercises that we will consistently perform during training- especially for beginners. The videos should take approximately 30 minutes to watch.

**Squat:**

<http://www.youtube.com/watch?v=xDdSZmWNYQI>

<http://www.youtube.com/watch?v=QKKZ9AGYTi4>



**Front Squat:**

<http://www.youtube.com/watch?v=VVNblYv02z0>



**Overhead Squat:**

<http://www.youtube.com/watch?v=yjVM2bwHDEA>



**Dead Lift:**

<http://www.youtube.com/watch?v=pjBI9qxibTc>

**Push Jerk/Push Press:**

<http://www.youtube.com/watch?feature=endscreen&v=x4eysYloOOk&NR=1>

<http://www.youtube.com/watch?v=gTu8QWrLtUM>

I certify that I have watched the above videos and will ask questions to a coach if I do not understand an exercise. I understand that technique and doing an exercise properly to avoid injury is more important that the amount of weight that I lift.

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