

Skill

Seated Military Press

Visual Description: Student will sit on upright bench with four points of contact. Raise arms up to grip the bar slightly wider than shoulder width and lift off of rack. Slowly control barbell down in front of face to chin height and explode back up until arms are just short of lockout. **Barbell can be lifted down behind head at about eye level – high degree of difficulty (if the student displays proper ROM of External Shoulder Rotators).

Movement Sequence:

1. Sit on upright bench, feet planted and back flat on rest
2. Raise arms, grip bar slightly wider than shoulder width
3. Lift off of rack
4. Control barbell down in front of face
5. Pause at chin height
6. Explode barbell back up keeping abs and lower back tight
7. Push barbell overhead until arms are just short of lockout

Verbal Cues:

Sit Strong*
Grip
Un-rack
Control Down*
Chin
Explode Up*
Push overhead*

Task Complexity Variables:

Skill: Discrete - Serial

Learner: Beginner - Intermediate

Environment: Closed

Student	Sit Strong	Control Down	Explode Up	Push Overhead