



3 Simple Tricks for a Bigger & Better
Squat, Press, Dead, & Bench

By John Gaglione

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Squat

Step 1 Create a shelf with your upper back & get tight driving your elbows under the bar

Step 2 Fill your belly full of air, brace in all directions, Keep the chest tall & lats active

Step 3 Sit back & force the knees out. Spread the floor as you come up & keep your arch



Overhead Press

Step 1 Get your glutes & abs tight then pull your knees caps up driving your feet through the floor

Step 2 Keep your elbows under the bar as you start to press pack the shoulders down & back

Step 3 Push straight up & slightly back as your lockout lean your body slightly forward to keep the barbell in proper alignment



Deadlift

Step 1 Grab the bar and fill your belly full of air

Step 2 Pull the slack out of the bar and fall backwards. Try to get your bodyweight behind the bar

Step 3 Drive your heels through the floor & once the bar breaks past your knees shoot your hips through



Bench Press

Step 1 Set up feet & shoulders, drive your shoulders into the bench and feet through the floor

Step 2 Pull the bar out of the rack & pull the bar down while forcing your belly up

Step 3 Tuck your elbows & try to bend the bar on the way down then drive your heels down hard as you press the weight back up



If you have any questions feel free to e-mail me at gaglionestrength@gmail.com or check out my website www.gaglionestrength.com

About the Author



Coach John Gaglione is a Sport Performance Specialist out of Long Island New York. He is a certified "Underground" Strength coach who specializes in training combat athletes. John's work has been featured in [Elite Fitness Systems](#), [Testosterone Nation](#), [One Result](#) & local wrestling site Long Island Wrestling Association. If you would like to learn more about John you can reach him at www.gaglionestrength.com or e-mail him at gaglionestrength@gmail.com.

