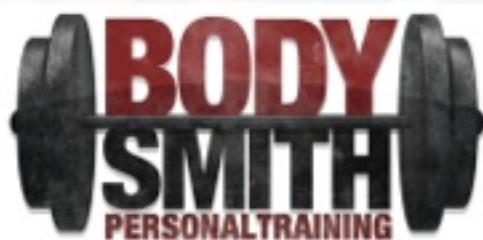


SCOTT'S TOP 10

Lifts You **NEED** To Know



www.bodysmithkc.com





Congratulations on downloading “Scott’s Top 10 Lifts You NEED to Know” and taking a giant step forward in maximizing your gym time and results!

My name is Scott Smith and I’ve been running successful fitness programs and businesses for over 8 years and would like to share some of my tips with you.

There is an overwhelming amount of information out there regarding exercise and weight training. The goal of this FREE program is to get you focused on a SIMPLE routine that you can trust is effective. I know because it’s worked for me and hundreds of my clients!

Each section includes cues for performing the chosen exercise, a link to a video tutorial, and why that movement is so important for you to learn.

At the end of this document you will find a page that includes your workout template (how to structure these lifts throughout your week) as well as progressions or regressions for each of the 10 lifts, so that you can make adjustments based off equipment and/or skill level.

Have fun amping up your training regimen and feel free to contact me if you would like help creating a taylor made program (see last page).

Good luck!

Scott Smith, CSCS
B.S. Exercise Science
BodySmith Founder

Two handwritten signatures of Scott Smith. The top signature is a stylized 'S' followed by 'Smith'. The bottom signature is a more cursive 'S' followed by 'Smith'.



#10 Reverse Abdominal Crunches

Why it made the list (Why you should do them):

Crunches in general are a little over-rated in my personal opinion. I've always felt like the best "Core" exercises are the ones that require you to squeeze your abs so tight in order to maintain technique while you are lifting something extremely heavy (Squats, Deadlifts, Olympic Lifts, etc).

With that being said, those outer abs (the six pack) can be further accentuated and developed by doing high intensity crunch work and that is just what the reverse abdominal family of exercises can do. Hanging knee tucks, TRX prone crunches, and leg raises are all viable options, however, the reverse crunch on a decline bench gives you awesome control and a brutal sticking point.

How to do them properly:

- Lay down on your back (on the floor or bench). You will need to grip something solid near your ears or just above your head (someone's feet, the bench itself, a handle) in order to anchor your upper body.
- Push your low back into the floor/bench and begin to roll your hips (pelvis) toward your ribs, slowly bringing your bent knees into your chest, between your elbows. Make sure to round your back and squeeze your abs as your hips barely lift off of the floor/bench.
- Pause at the moment where you are maximally tucked into a ball and then SLOWLY release from that position rolling your spine and then hips back onto the floor/bench and bring your feet back down, still maintaining a bend in the knee. The down phase should take around 3 seconds if you have solid control.
- [CLICK HERE FOR VIDEO!](#)





#9 Parallel Bar Dips

Why it made the list (Why you should do them):

Isolated tricep extension exercises are effective at sculpting and strengthening the back of your arms but why not also get the benefit of working your chest and shoulders? Due to its multi-joint action, higher intensity level and more functional design, this compound movement makes the list at #9.

Dips can be performed on parallel bars (as my video will demonstrate) but can be progressed to more unstable equipment such as rings and alternatively regressed to assisted machines/bands, or done on a bench with your feet on the floor.

How to do them properly:

- Place your hands (palms in) on the parallel bars and use your legs to help get you into the starting position at the top. Remember to extend your arms fully while maintaining your perfect posture (shoulders down and back, head tall, chest up, abs pulled in tight).
- Slowly lower your body, bending at the elbow and shoulder until you feel a moderate stretch through your chest and shoulders. Keep your elbows from going straight out to the side (keep them tucked in). It may also help to allow your hips to flex slightly to avoid "free swinging."
- Drive your head and chest back up (and subsequently your entire body) by extending your arm, squeezing your chest, shoulders, and triceps.
- Finish with that great posture at the top and repeat at a controlled tempo. Be cautious about going to true "failure" as you do NOT want to rapidly over-stretch the shoulder on this move. Be ready to put your feet back down at all times.
- [CLICK HERE FOR VIDEO!](#)



#8 Lunges

Why it made the list (Why you should do them):

In order to make my top 10 list, an exercise needs to work multiple-muscle groups at once. The lunge is no exception.

When executed with proper technique, this lower body move works the hamstrings, glutes, and quadriceps. These three groups are all significant in size, which means higher calorie expenditure and higher intensity levels can both be achieved.

In addition to all that, a high level of core stabilization is needed in order to maintain proper hip position and upper body posture, making the lunge even more valuable to your leg workout regimen.



How to do them properly:

- Standing with your feet set hip width apart, place your hands on your hips (or hold a pair of dumb bells at your side) and draw your shoulders down and back.
- Draw-in your lower abdominals (as if preparing for someone about to punch you in the stomach) and step forward with one leg, and slowly lower yourself through the heel of that lead front foot and ball of the back foot till your trail knee is about 1-2 inches from the floor.
- While lowering your body, keep your weight back and stay tall. The angle of both knees should be approximately 90 degrees at the bottom. Your back hip should be extended (do not stick your butt back on this one).
- Drive backwards off your lead leg into the starting position and repeat on the other leg.
- As a regression, perform box step ups or step back lunges. As a progression increase your weight, elevate the height you are holding your weight, or increase your volume (reps and sets).
- [CLICK HERE FOR VIDEO!](#)





#7 Upright Row

Why it made the list (Why you should do them):

Upright rows are a compound movement that engage the deltoids, trapezius, and biceps. This "pulling" movement adds a nice variety to the many "push" movements and straight arm raises that are traditionally used for shoulder development.

How to do them properly:

- Whether you use a parallel or staggered stance is really just personal preference here. Regardless, keep your knees "soft" and don't allow your body to tip backwards (so keep your abs drawn-in).
- Take an overhand grip on your barbell (you may also use dumbbells or tubing) with your hands placed just inside of shoulder width.
- Pull the bar upwards slowly, pointing your elbows toward the side walls until it reaches your collarbone then slowly lower it back to the starting position but do not completely relax your shoulders at any time.
- Make sure to keep the bar close to your body at all times, and keep your elbows ABOVE the bar.
- This exercise is not advised if you suffer from shoulder impingement syndrome.
- [CLICK HERE FOR VIDEO!](#)





#7 Back Row

Why it made the list (Why you should do them):

Bent rows such as the “Land-Mine Row” are superior to traditional seated rows in that they require the use of more stabilizing muscles (back extensors, abdominals, hips). Regardless of the many variations, rows in general are a staple in all resistance programs because of the multiple, large muscles that they activate (lats, traps, biceps, posterior delts, rhomboids). These muscles shape the upper and mid-back and add symmetry, strength, and stability to the shoulder.

How to do them properly:

- Take your grip (neutral grip in the case of the land-mine) and stand up with the barbell using your legs. Keep your feet shoulder width apart and set your shoulder blades down and back.
- Now tip your body forward 45-60 degrees by hinging at the hips, driving them backwards. Your low back should not round, but in fact remain flat to slightly arched. - Keep your knees “soft” and abdominals drawn-in firmly.
- Pull the bar upwards to your lower chest, squeezing your shoulder blades down and back and keeping your torso completely still. Pause at the top while maximally flexing your upper/mid back muscles.
- Slowly lower the barbell back down until you feel a slight stretch in both your biceps and posterior shoulder. Don’t pause at the bottom but rather immediately repeat your next repetition so as to keep your muscles under constant tension.
- [CLICK HERE FOR VIDEO!](#)



#6 Shoulder Press

Why it made the list (Why you should do them):

There just isn't a better lift to develop sexy, toned shoulders/arms than pushing heavy weights over your head. The amount of shoulder stabilization required to perform this lift is extreme, which I suppose could be seen as a con (higher risk of injury), but with proper technique and progression I consider a pro.



Also, this lift allows for significant loads to be pressed overhead due to the synergy of both the triceps and anterior deltoid. Remember, the heavier the load – the higher the intensity. The higher the intensity – the greater your body's need to adapt. And forcing adaptation is what weight training is all about folks.

How to do them properly:

- This exercise can be done seated, standing, or even on one leg. The accompanying video demonstrates the seated variation. What is important is that your torso remain rigid (no leaning back or allowing your back to arch excessively). For your first repetition it is okay to use your legs to help thrust the dumbbells up over head into the starting position so as not to “strict press” the weight from below the shoulder.
- Start with your arms extended and hands shoulder width apart. Your knuckles should be facing the ceiling as if you were trying to punch the sky with your palms and eyes forward.
- Slowly lower the dumbbells, keeping your palms forward (overhand grip) until you feel a slight stretch in your anterior (front) shoulder. You should feel your upper back flexing in order to stabilize your shoulder blades and keep your upper arms pointed toward the side walls.
- Without leaning back, press the dumbbells back up over head through the same path they came down in. Breath out through the “sticking point” and fully extend your arm while keeping tension in both the triceps and shoulder.
- With the primary goal of toning, the goal would be to use moderate to heavy loads at a slower tempo, finishing with the dumbbells over the forehead where there is a lot of tension in the front of the shoulder for the entire set. When pressing a barbell over head for a strength/ power performance goal, the technique is much different and performed at a faster speed with a finishing position behind the head.
- [CLICK HERE FOR VIDEO!](#)





#4 Pull-Ups

Why it made the list (Why you should do them):

In addition to the “push-up,” the “pull-up” is THE quintessential expression of upper body strength in relation to your size. While still a very functional/useful movement in our time, pulling ourselves up has become a bit of a lost art form ever since we stopped worrying

about saber tooth tigers. But for anyone in the fitness world today, “pull-ups” still reign king when it comes to developing upper back/bicep strength and size. Plus, it looks bad ass to do these correctly.

How to do them properly:

- NOTE: The following description is for “strict” pull-ups not the “kipping” pull-ups made popular by CrossFit.
- Take your overhand grip on the bar just outside the shoulders.
- Slowly load your body weight onto your shoulders by picking your feet up off the floor and bringing your heels in toward your glutes. Keep your hips extended and back slightly extended.
- While keeping a wide shape to your back, pull your chest upward and bring your chin to the bar, pausing at the top. You should be reaching out to the side with your elbows as you pull with the upper back/posterior shoulder. Avoid doing a “crunch” with your abs/hips at the top, this is a back and bicep exercise.
- Slowly return to the hanging position with the elbows almost fully extended, keeping tension in your lats and arms and immediately begin your next pull after reaching the full range of motion at the bottom.
- If you can not do one correct body-weight pull-up yet, use a suspension trainer (TRX, rings, racked barbell) to work on inverted rows or an assisted band/machine to give you additional help to negate some of your body weight and hence lighten the load on this pulling move.
- [CLICK HERE FOR VIDEO!](#)



#3 Chest Press

Why it made the list (Why you should do them):

While push-ups are one form of a “chest press” and are great due to the core building component and lack of equipment needed, I’m going to be discussing the supine position chest presses, aka “bench presses.” Why bench press? Cause I’m a guy and I just can’t help myself.



Doing chest presses while laying down allows us to lift a substantial load and subsequently can lead to better size and strength gains in the pectorals, shoulders, and triceps. When comparing/ measuring absolute upper body strength levels this is how we do it. Is it functional? Not particularly, but when choosing the best lift to build the chest I gotta go with bench presses and there’s really not even close second.

How to do them properly:

- NOTE: The following description is for dumbbell flat bench press.
- With your dumbbells, lay down flat on your bench, keeping both feet on the floor just outside the hips and keeping your head, both shoulder blades, and butt on the bench at ALL times.
- With an overhand grip (palms facing down toward your hips) extend your arms fully toward the ceiling keeping your shoulders down and back. Your chest should remain in a high position (your back can be slightly arched but keep your glutes and abs firm for support). The dumbbells should ride low in your palm as you punch toward the ceiling with your knuckles.
- Reach back with your elbows, slowly lowering the dumbbells in toward the widest part of your chest. Keep your elbows slightly tucked and move your hands slightly wider than your starting position to help load/stretch your pectorals.
- After feeling the stretch in your chest (somewhere just past 90 degrees at the elbow) extend your arms back out toward the ceiling, keeping your shoulders down and back (chest high), breathing out through the “sticking point.” Do NOT dance around with your feet or rotate your body.
- Upon extension of the elbow, keep tension in the chest by squeezing your “pecs” together without actually bring the dumbbells together. Immediately begin your slow descent into your next repetition and repeat till your chest and triceps are adequately fatigued.

- [CLICK HERE FOR VIDEO!](#)





#2 Deadlift

Why it made the list (Why you should do them):

The deadlift is one of the most demanding lifts on the planet due to the stress it places on both the central nervous system and musculo-skeletal system. This stress can be a really good thing if applied properly.

This compound movement utilizes the glutes, hamstrings, and quadriceps to powerfully lift a load from the floor to a standing position. The heavier the load, the more critical it is to activate the stabilizing muscles in the hips, back, abs, and shoulders in order to sustain proper technique/posture. That's A LOT of muscle groups we just named off. And remember, the more muscle groups we can recruit in any particular lift, the higher we can boost our intensity levels and calorie burn. Deadlifting is also one of the most functional movements out there when you consider how important it is for us to be able to pick things up off the floor while properly utilizing our legs and saving our back.

How to do them properly:

- NOTE: The following description is for standard barbell deadlifts.
- Set up for this lift by bringing your feet underneath the barbell and placing them hip width apart. Take an "over-under" grip wide enough that your arms will not force your knees to come inside your feet.
- Take the slack out of your body by pulling into the bar, bringing your shoulders down and back (chest up), and flattening your low back and tightening your abdominals. Your hips should be back but at a depth lower than your shoulders (your rigid torso should be at an angle).
- Drive your heels forcefully into the floor and drive your hips upward. It should feel like doing a leg press. Make sure your back remains flat (neutral) and the angle of your upper body remains the same. If you feel movement in your back, STOP! Work on core stabilization and flexibility at a lighter weight.
- The barbell should remain close to your shins and thighs as you pull the load upward with your legs. Squeezing your triceps into your lats can really help keep your upper back/shoulder stable and consequently makes it easier for you to keep a flat low back.
- Once the barbell passes the knee, its time to thrust your hips forward underneath your shoulders and stand tall. Continue to pull the barbell close to your body, keeping your chest out and head in a neutral or slightly extended position. Reverse the movement just like you pulled, tap the floor with the plates and repeat immediately.

- [CLICK HERE FOR VIDEO!](#)



#1 Squat

Why it made the list (Why you should do them):

A solid lifting regimen just wouldn't be complete without some variation of the squat. People would probably complain a lot less about "Leg Day" though if they didn't do them. That's because squats are HARD! While you can regress this movement so that it is easier

to perform correctly while learning, the squat comes in at number one on my list because the intensity can be scaled higher than any other movement we know.



This powerful compound movement utilizes the large muscle groups of the quadriceps, hamstrings, and glutes. Squats also require flexibility of the spine, hips, knee, ankle, and even shoulder. What makes this exercise even more effective is the variety of ways you can load your body while doing them (front, back, overhead, single leg, on a BOSU, etc.). These variations in addition to the magnitude or weight of the load make for an incredible opportunity to integrate the core muscles of your abdominals, hips, and back. Hello central nervous system overload. Hello results.

How to do them properly: The following description is for the "high" back squat.

- Clear the squat cage area of any clutter and place the safety bars at an appropriate height (slightly below the lowest point the barbell will travel during your squat). A spotter may be advised.
- Step underneath the barbell and place it across the top of the scapula (upper traps but below that bony process in your neck). Grip the barbell just outside the shoulders and draw your elbows slightly back to create a shelf for the bar to lie on.
- Squeeze your shoulder blades together firmly and lift your chest. Draw in your abdominals and bring the bar up off the rack. Step back slowly into the center of the cage. Inhale while keeping your abs tight and begin to descend by sitting your hips back and pushing your knees outward as they flex. (Pretend like you are sitting into a chair behind you while also trying to spread the floor apart with your feet).
- Sit into a depth where your upper leg is parallel to the floor. Keep your heels down, and knees from flying past the front of your toes. Your upper body should be parallel to the angle of your lower leg (so just slightly forward).
- Breath out forcefully as you drive your heels through the floor, extending your hips back underneath your shoulders, keeping your chest up and out the entire time. Squeeze your glutes all the way to the standing position.

- [CLICK HERE FOR VIDEO!](#)



WORKOUT ROUTINE: PUTTING THE TOP 10 TOGETHER

Pull Day WEEK 1 WEEK 2 WEEK 3 WEEK 4

| | | | | |
|-----------------------|----------|----------|----------|----------|
| <u>Deadlift</u> | 3 x 15 | 4 x 12 | 5 x 10 | 6 x 8 |
| <u>Back Row</u> | 3 x 15 | 4 x 12 | 5 x 10 | 6 x 8 |
| <u>Upright Row</u> | 3 x 15 | 4 x 12 | 4 x 10 | 4 x 8 |
| <u>Pull-Ups</u> | 3 x AMAP | 3 x AMAP | 3 x AMAP | 3 x AMAP |
| <u>Reverse Crunch</u> | 3 x 12 | 3 x 15 | 3 x 20 | 3 x 25 |

Push Day WEEK 1 WEEK 2 WEEK 3 WEEK 4

| | | | | |
|-----------------------|-----------|-----------|-----------|-----------|
| <u>Squat</u> | 3 x 15 | 4 x 12 | 5 x 10 | 6 x 8 |
| <u>Chest Press</u> | 3 x 15 | 4 x 12 | 5 x 10 | 6 x 8 |
| <u>Lunges</u> | 3 x 10/10 | 3 x 12/12 | 3 x 15/15 | 3 x 20/20 |
| <u>Shoulder Press</u> | 3 x 15 | 4 x 12 | 4 x 10 | 4 x 8 |
| <u>Dips</u> | 3 x AMAP | 3 x AMAP | 3 x AMAP | 3 x AMAP |

Mon Tues Wed Thu Fri Sat Sun

Pull Day Push Day Rest Day Cardio Pull Day Push Day Rest Day

HOW TO APPLY “OVERLOAD” AND GET RESULTS

The goal is to increase the intensity of your lifts each week. If the repetition range is going down from week to week it is because I want you to try and lift heavier weights than you did the previous week. If you are doing a body weight or regressed version of the exercise, feel free to focus on increasing your repetition range from week to week instead of weight increases until you feel ready. “AMAP” stands for as many as possible (without sacrificing technique of course!).

REGRESSIONS / SUBSTITUTES

| | | | |
|--------------------|-----------------------|---------------------|---------------------------|
| Reverse Crunch - | Floor / Ball Crunch | DB Shoulder Press - | Lower weight |
| Parallel Bar Dip - | Bench / Chair Dips | Pullups - | Assisted / Pulldowns |
| DB Lunges - | Bodyweight / Step ups | DB Bench Press - | Pushup / On ball |
| EZ Upright Row - | DB Shoulder Raises | Deadlift - | With DB / Single Leg |
| Landmine Row - | Bent DB / Tubing Row | Squat - | Bodyweight / DB / Bridges |

Next Steps...

1. Check out bodysmithkc.com for more FREE RESOURCES and access to my BLOG.
2. This FREE program is a great resource but if you have further fitness related questions or have interest in acquiring a customized program that includes ...

- Taylor made exercise selection plus coaching
- Diet/Nutrition game plans and education
- Supplement recommendations
- Cardio prescription
- Accountability measures
- Program design

... then please **contact me ASAP!** I have remote training programs that start as low as \$99 and a physical location in Kansas City for hands-on personal training. I would love to help you in any way I can!

Scott Smith, CSCS
email: scott@bodysmithkc.com
phone: 785-331-7766



bodysmithkc.com