

Lifter's Name: _____ Observer's Name: _____ Per. _____

Partner check-up. Rate your partner on weight lifting safety and the 3 barbell lifts using these rubrics. This will help your partner know what to work on before they are graded on these items.

Barbell Squat

	Poor 1 pt	Fair 2 pts	Good 3 pts
Form	<p>Poor</p> <p>Bar racked at face or hip-level. Bar positioned ON cervical vertebrae. Hips and feet are far away from being under the bar. Hand placement very close in or very far apart. Uneven grasp.</p>	<p>Fair</p> <p>Bar racked slightly below or above armpit-level. Bar positioned at base of neck above posterior deltoids. Hips and feet are somewhat under bar. Hands grip slightly wider than shoulder-width apart, and nearly equidistant from center of bar.</p>	<p>Good</p> <p>Bar racked at armpit-level. Bar positioned at base of neck above posterior deltoids. Hips and feet are directly under the bar. Hands grip slightly wider than shoulder-width apart, and equidistant from center of bar.</p>
Execution: Downward	<p>Poor</p> <p>Knees/hips flexed quickly, lacks control. Back rounded. Eyes looking down. Weight shifts forward, heels lift off floor. Knees extend beyond toes. Thighs far from parallel to floor.</p>	<p>Fair</p> <p>Knees/hips flexed somewhat slowly and under control. Back slightly rounds. Eyes focused forward. Weight kept over middle foot and heel. Knees align over feet. Thighs not quite parallel to floor.</p>	<p>Good</p> <p>Knees/hips flexed slowly, under control. Back flat/slightly arched. Eyes focused forward and slightly upward. Weight kept over middle foot and heel. Knees align over feet. Thighs parallel to floor.</p>
Execution: Upward	<p>Poor</p> <p>UNcontrolled extension of hips and knees. Head tilted down. Back rounded. Weight on ball of foot. Heels lifted. Knees extend beyond toes and/or severely buckle in or fall outward.</p>	<p>Fair</p> <p>Hips/knees extend with some control. Head tilted slightly back. Chest caves slightly. Weight distributed between middle and ball of foot. Knees buckle slightly in or fall slightly out.</p>	<p>Good</p> <p>Weight evenly distributed between heels and forefoot. Knees maintain position over feet.</p>

Bench Press

	Poor 1 pt	Fair 2 pts	Good 3 pts
Form	Poor Forehead, bench or neck are under racked bar. 2+ points of contact off of bench. Feet lose contact with floor.	Fair Eyes are just off of alignment with racked bar. 1-point of contact lifts off bench during lift. Feet touching floor.	Good Eyes are directly below racked bar. Full contact with bench. Feet firmly planted on floor.
Grip	Poor Bar grasped UNEvenly. Hands open up before or during lift. Grip is outside pinky-marker or directly above chest	Fair Bar grasped evenly. Closed, pronated grip. Grip shoulder-width or outside pinky-marker lines	Good Bar is grasped evenly. Closed, pronated grip. Grip slightly wider than shoulder-width apart.
Execution: Downward	Poor Bar is brought down quickly as though being dropped. Elbows remain above torso line and/or touch the body. Wrists are bent. Bar bounces off chest.	Fair Bar is brought down slowly with wobbling. Elbows move level with torso and slightly away from body. Wrists slightly bent Bar stops 2+ inches above chest	Good Bar is brought down slowly with control. Elbows move past torso and slightly away from body. Wrists stiff. Bar lightly touches chest at nipple-line.
Execution: Upward	Poor Bar pressed up directly above body or too far backwards. Extreme back arching or head lifting. Wrists bent. Forearms angle in/out. Bar pressed up, but elbows are still mostly bent - or - Elbows LOCK.	Fair Bar pressed up directly above body. Slight back arching or head lifting. Wrists slightly bent. Forearms perpendicular. Bar pressed till elbows mostly extended. Elbows NOT locked.	Good Bar pressed up and slightly backwards. Sustained body contact with bench. Wrists stiff. Forearms perpendicular. Bar pressed until elbows are fully extended. Elbows NOT locked.

Bent-Over Barbell Row

	Poor 1 pt	Fair 2 pts	Good 3 pts
Starting Form	Poor Hands too narrow or too wide. Knees straight or locked out. Back rounded. Hand placement very close in or very far apart. Torso far from parallel to the floor.	Fair Hands hip-width, nearly centered on bar. Knees bent less than 45 degrees. Back slightly rounded. Torso nearly parallel to floor.	Good Hands slightly wider than hip-width, centered on bar. Knees bent approximately 45 degrees. Back flat. Torso parallel to floor.
Execution	Poor Elbows don't pull toward ceiling or don't reach torso. Arms stay bent between reps. Back rounded or arched. Torso raises more than 30 degrees at top of lift. Bar travels non-vertically to stomach or upper chest.	Fair Elbows pull toward ceiling and next to torso. Arms slightly bent between reps. Back rounds or arches slightly. Torso raises no more than 30 degrees at top of lift. Bar travels nearly vertically to lower chest.	Good Elbows pull toward ceiling and behind torso. Arms straighten completely between reps. Back remains flat. Torso raises no more than 15 degrees at top of lift. Bar travels vertically to lower chest.

Skills and Safety

	Poor 1 pt	Fair 2 pts	Good 3 pts
Skills & Safety	Poor Student makes major errors in weight selection, form/technique or equipment management. Student performs setup or lifts incorrectly or ineffectively. Student requires direction and/or supervision to safely complete the activity.	Fair Student makes some errors in weight selection, form/technique or equipment management. Student makes some equipment management errors when loading, securing, and unloading free weights.	Good Student selects proper weight and demonstrates correct skills few/no errors in technique. Student demonstrates proper equipment management when loading, securing, and unloading free weights.