

# The 6-Lift Cheat Sheet

Six compound lifts. Every muscle group. Print it. Bring it to the gym.

## SQUAT PATTERN

### Back Squat

**Quads · Glutes**

Core · Adductors · Erectors

#### KEY CUES

- Brace core before descent
- Knees track over toes
- Break at hips and knees together
- Drive through full foot

TARGET VELOCITY (80% 1RM)

**0.47–0.56 m/s**

## HIP HINGE

### Deadlift

**Hamstrings · Glutes**

Erectors · Lats · Grip · Core

#### KEY CUES

- Bar over mid-foot at setup
- Chest up, lats engaged
- Push the floor away
- Look forward, knees together

TARGET VELOCITY (80% 1RM)

**0.32–0.42 m/s**

## HIP EXTENSION

### Hip Thrust

**Glutes · Hamstrings**

Core · Adductors

#### KEY CUES

- Upper back on bench edge
- Feet shoulder-width, shins vertical
- Drive hips to full extension
- Head through at lockout

TARGET VELOCITY (80% 1RM)

**0.50–0.62 m/s**

## HORIZONTAL PUSH

### Bench Press

**Chest · Anterior Delt**

Triceps · Serratus Anterior

#### KEY CUES

- Retract and depress scapulae
- Slight arch, feet flat
- Bar to lower chest
- Control the eccentric

TARGET VELOCITY (80% 1RM)

**0.37–0.48 m/s**

## VERTICAL PUSH

### Strict Press

**Shoulders · Triceps**

Upper Chest · Core · Traps

#### KEY CUES

- Bar at collarbone, elbows forward
- Brace core — no leg drive
- Press straight overhead
- Head through at lockout

TARGET VELOCITY (80% 1RM)

**0.37–0.50 m/s**

## VERTICAL PULL

### Cable Chin-Up

**Lats · Biceps**

Rear Delt · Forearms · Rhomboids

#### KEY CUES

- Shoulder-width underhand grip
- Pull elbows down and back
- Bar to upper chest
- Control the eccentric

TARGET VELOCITY (80% 1RM)

**0.45–0.58 m/s**

COMPLETE COVERAGE:

[Book Your FREE Session → yeagersgym.com](https://yeagersgym.com)

Velocity benchmarks are population averages from Gonzalez-Badillo, Sanchez-Medina, and Jovanovic research. Individual values vary. Build your personal velocity profile with a free coaching session.