



**Figure 5-18.** The forward movement of the torso aids in the lockout. As the shoulder and the elbow extend, the forward motion of the shoulder drives the distal end of the humerus up, helping to straighten the elbow.

## Faults and Corrections

A correct press will have certain characteristics at the start position and at lockout that are determined by the Universe. They have to do with balance and gravity, and how the muscles use the skeleton to solve movement problems.

In the starting position for the press:

- Knees, hips, and lumbar and thoracic spine are all locked in extension
- The bar rests on the deltoids or chest, depending on individual flexibility and body shape
- Elbows are in front of the bar
- The bar is directly over the mid-foot

At the top of the press:

- Knees, hips, lumbar and thoracic spine, and elbows are all locked in extension
- Scapulas are elevated (i.e., “active shoulders”)
- The bar, the scapulas, and the mid-foot will be vertically aligned

During the trip up from the starting position to the top, the bar path should also be vertical and directly over the mid-foot. If it deviates from this position a little as it travels forward around the head, the center of mass is kept over the mid-foot by leaning back slightly, to the extent necessary to balance the bar deviation. This should be minimized by keeping the bar close to the face during the press so that the bar doesn’t get so far away forward that it cannot be pressed efficiently. But the ideal is a vertical bar path, and the closer you get to it the fewer technical problems you’ll have.