

Spotting Technique general guidelines

The spotter should use a widened / split stance to create a larger base of stability

The torso should be upright, and the hands should be in a position that most effectively spot a specific exercise.

If it is an exercise such as the bench press, the spotter can have an alternating grip

If it is an exercise such as a seated dumbbell shoulder press, then the spotter could place their hands on the lifter's wrists, elbows or forearms to provide support.

The spotter must be able to lift the entire weight of the bar or dumbbells. It is acceptable to use two spotters if required.

If the instructor is not able to spot and there is doubt about the safety of a lift, then a machine should be used – or the client should use a weight well within their capability.

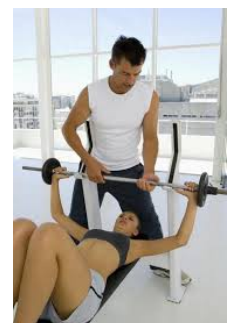


The squat rack can be used as it allows for a *relatively safe* free-weight workout. Bar catchers are used to stop the barbell in the event of an emergency. There are no restrictions to the movement of the lift – but some risk remains. Clients should not rely on a squat rack and should use spotters or lift weights well within their range.

Smith machines have guide channels for the bar and pins to prevent the bar from dropping below a certain height. The bar travels on a fixed path.

Usual Sequence for spotting a bench press

- Check client is in a stable position on the bench
- Spotter deadlifts the bar (or dumbbells)
- Client extends arms over crown of head (away from face)
- Spotter steps in and both spotter and client hold the bar (optional use of the phrase “spotter in”)
- Spotter then takes a step forward with a slight upright row allowing the bar to move over the client’s chest
- Instruct the client (when they feel confident that they have hold of the bar) to say “My Bar”
- Spotter allows client to take the bar but stays in position with an alternating hand position
- This allows the spotter to be ready to move in and assist or take the bar should the client get into difficulty.



- The spotter can perform a lunge squat as the bar rises and lowers
- Client then should say “I have finished the Exercise” – or the spotter can tell the client “last rep”.
- Spotter moves back into a closer position – arms in slight upright row position
- Both client and spotter keep control of the bar and take it overhead away from the head and body
- When client is happy the bar is away from his/her head client says “Your Bar” - or the instructor can simply say “My Bar” if they have control in a safe position. But the spotter MUST confirm “my bar” before the client hands it over.
- Spotter steps away and deadlifts the bar to the floor.

The important thing is that each party knows the process – communication is key!

Spotting a back squat



Client will clean the bar into position (or take it from a squat rack)

Spotter stands behind the client so that they can use their own arms to help the client to stand up should they get into difficulty.

Be aware that some clients may find this position uncomfortable from a personal space perspective

Guidance on lifting/passing dumbbells

Generally speaking, you should not pass dumbbells to your client. You should show the client how to pick them up from the rack or floor and then how to get the dumbbells into the correct position. If you pass the dumbbells to your client with them in an “exercise ready” position, they could be unbalanced.

Guidance on lifting/passing barbells

Client should be able to safely deadlift a barbell and then clean and press for e.g. a back squat. If your client is performing a bench press without a rack then you can spot the bar into position.

Spotting is clearly a huge responsibility!

Both instructor and client must have their own safety as the No 1 priority.

Clear communication throughout is essential