

META PROJECT



LEARN HOW TO FEEL A MUSCLE

This execution series is focused on building a proper understanding of how these muscles actually move so that we can control the movement and contract these muscles effectively.

 [PLAY VIDEO](#)



HAMMER STRENGTH ROW | HOW TO DO THEM CORRECTLY

Back training is the most misunderstood muscle group to train. So we are going to break it down and give you some cues on what to focus on.

 [PLAY VIDEO](#)



ASSISTED PULL UP | INTERNAL FOCUS

Learn how to feel the lats when doing a pull up. You're not just trying to lift yourself over the bar, let's start focusing on pulling your shoulders down and really shortening the lat at the top.

 [PLAY VIDEO](#)



CABLE PULLOVER | HOW TO FEEL LATS

In this video, we will show you what to focus on so that you feel the lats the whole way through the range of the cable pull over.

 [PLAY VIDEO](#)



MACHINE FLY | THIS IS WHY YOU DON'T FEEL YOUR PECS

In this video, I am going to show you how to properly set up for a chest fly. We want to eliminate as much shoulder activity as possible by locking the shoulders down.

 [PLAY VIDEO](#)



DUMBBELL PRESS | STOP THINKING ABOUT PUSHING

Change the focus of your dumbbell pressing to driving your elbows across the body, rather than pressing away.

 [PLAY VIDEO](#)



DUMBBELL SIDE LATERAL | EASY TRICK TO ISOLATE SIDE DELT

Learn how the deltoid works so we can effectively train it. Take away body momentum and focus on locking the scapular and driving the arms out.

 [PLAY VIDEO](#)



TWO VARIATIONS FOR REAR DELTS | WHY YOU DON'T FEEL THEM

Rear delts are a small muscle in comparison to your traps and rhomboids. So I am going to show you through two variations of this exercise so that you can have a complete look to your delt.

 [PLAY VIDEO](#)



LEG EXTENSIONS | ARE YOU REALLY ISOLATING YOUR QUAD?

In this video, I am going to show you how to properly isolate the quad and get the maximum benefit out of a leg extension.

 [PLAY VIDEO](#)



THIS IS WHY YOUR HAMSTRINGS ARE WEAK

I will show you how the glutes and calves take over in a lying leg curl, taking away the full benefit. Learn to lock the glutes down and isolate the hamstrings for better contractions.

 [PLAY VIDEO](#)



WHY HIP EXTENSION IS THE MOST IMPORTANT PART OF DEADLIFTS

Learn how to break this complex movement down to improve your deadlift. Break at the hips first then bring the body over before bending the knees will allow for a straight elbow path.

 [PLAY VIDEO](#)



BICEP TRAINING BASICS

Learn how the bicep works to properly isolate it, without beating up your elbows.

 [PLAY VIDEO](#)



TRICEP TRAINING BASICS

Learn how the tricep works and align the elbow properly to minimize joint pain.

 [PLAY VIDEO](#)

Ready to book in your free Coaching Call to identify your personal roadblocks and set up your next 6 month game plan?

[BOOK YOUR CALL](#)

Spotter Fitness
muscle mastery

www.spotterinsider.com

