

Form Fixer: 5 Common Strength Training Mistakes (and How to Fix Them)

A free guide by Tully Trains

1. Rounding Your Back During Deadlifts

Why it happens:

Poor core bracing or trying to lift too heavy too soon.

What it causes:

Back strain, injury, energy leaks.

How to fix it:

- Engage your core before you pull.
- Think "proud chest" and pull your shoulder blades back.
- Lower the weight and film yourself for feedback.

2. Letting Knees Cave In During Squats

Why it happens:

Weak glutes or poor mind-muscle connection.

What it causes:

Knee pain and inefficient force production.

How to fix it:

- Cue yourself to "spread the floor" with your feet.
- Use a mini band above the knees to build awareness.

3. Not Using Full Range of Motion (ROM)

Why it happens:

Ego lifting or lack of flexibility.

What it causes:

Muscle imbalances, poor mobility, reduced hypertrophy.

How to fix it:

- Lower the weight and focus on technique.
- Make sure every rep hits depth and finishes with control.

4. Shrugging Shoulders on Presses

Why it happens:

Weak traps/lats or poor posture habits.

What it causes:

Neck tension, shoulder pain.

How to fix it:

- "Tuck your shoulder blades in your back pockets."
- Start light and build control from the base of the movement.

5. Skipping Warm-ups or Ramp-Up Sets

Why it happens:

Rushing or underestimating the value of preparation.

What it causes:

Poor performance, tight muscles, higher injury risk.

How to fix it:

- Spend 5-10 minutes mobilizing and priming the right areas.
- Ramp-up sets allow you to groove the movement and gauge readiness.

Ready to Train Smarter?

Want a second set of eyes on your form? Book your free session at tullytrains.com or shoot me a DM on Instagram @TullyTrains. First session is on the house-and yeah, you'll get a free Tully Trains tee, too.

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