

THE MOVE

squats

The Movement: Barbell Squats

Starting out: Place a barbell resting on your shoulders, on your trapezius muscle, a little higher than your shoulders. Elbows should be placed slightly backwards. Arch your back slightly with a pelvic tilt. Contract your abdominals and keep your gaze ahead of you.

The Move: Perform the squat by lowering your hips to the floor in a controlled movement. Bending the knees, ensure not to round your back or lean forward. The weight should be distributed on your upper thighs and the heels or balls of your feet, not your toes nor your knees. When your quadriceps are parallel with the floor you have reached the bottom of the movement. To complete, extend to the start position, focusing on pushing the weight with your glutes, hamstrings and quads. When at top of the movement do not lock your knees. Always maintain a slight bend in the knees to ensure tension in the muscle.

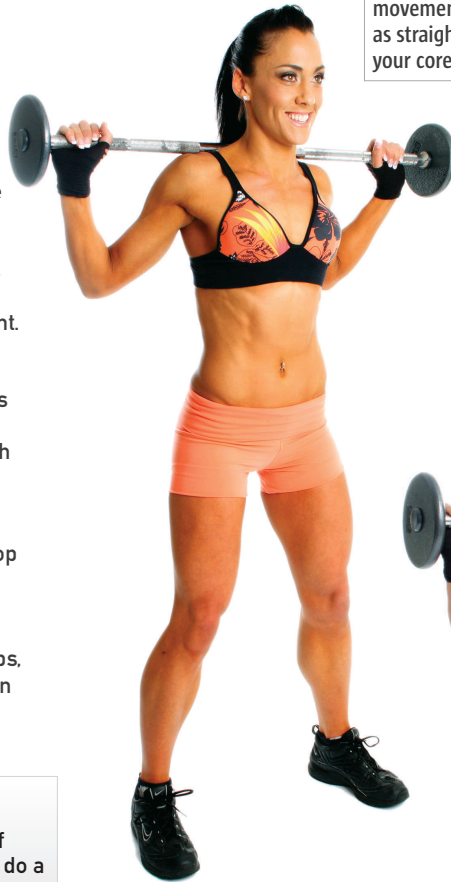
Muscles Targeted: Maximus and Quadriceps, Gluteals, Adductor and abdominals, muscles in your spine and hamstrings

FORM TIP:

When performing the movement, keep your back as straight as possible with your core contracted.

FORM TIP:

Never round the back when performing squats. This poor form is responsible for most lumbar spine injuries.



BEGINNER?

As this movement requires a good sense of balance, it is recommended that beginners do a few reps with no weight to ensure proper form.

VARIATIONS TO THE MOVE Intermediate / Advanced



Dumbbell Squats

This movement can be performed with dumbbells held at either side. Perform the motion as explained above and ensure that you engage the glute, quadricep and hamstrings when pushing the weight upwards.

Front Barbell/dumbbell squats
Squats can be performed with a bar placed in front of you and held by crossing your arms. This weight placement is beneficial as it distributes the weight load to your front, engaging your quadriceps more when pushing the weight back upwards.



what it works...

Squats are such a supreme exercise that they tend to focus on many muscle groups. The squat is a full body exercise and it targets the legs, abs, lower back and the upper back.

