

Front Squat

Front Squat is an exercise used to strengthen the hamstrings, glutes, and quadriceps, while placing work on the core. It is a very effective exercise in preparing the athlete for other squat exercises. Not only will front squat increase lower body strength, it will improve agility, speed, and power.

Beginning Position:

- Grasp the bar with an overhand grip slightly wider than shoulder width
- Step under the bar and place the bar across your anterior deltoids and clavicles
- Fully flex the elbows to position the upper arms parallel to the floor creating a shelf for the bar to rest on.
- Hold chest up and out
- Pull the shoulder blades towards each other
- Tilt head slightly upward
- Feet should be shoulder width or slightly wider with the toes slightly pointed out
- Back should be slightly arched and the hips are pushed back

Downward Movement:

- Take a deep breath and hold air
- Push hips back and knees out while keeping the torso-to-floor angle constant
- Keep heels on the platform while keeping the knees behind the toes
- Continue flexing the hips and sitting back until the thighs are parallel to the floor

Upward Movement:

- Continue holding your breath until halfway through the upward movement
- Extend the knees and hips at the same rate not allowing the knees to raise before the chest
- Keep the elbows high, back flat, chest up and out
- Keep heels flat on floor while extending the hips back to the beginning position



Beginning Position



Downward Movement