

Back Squat

Back Squat is an exercise to develop lower body strength.

Beginning Position:

- Grasp the bar with an overhand grip, duck under the bar so that it comes to rest comfortably on the “shelf” formed with the trapezius muscles
- Set feet wider than shoulder width
- Feet slightly pointed out
- Focus eyes straight ahead with head slightly up
- Make the chest big

Downward Movement:

- Lower the bar by sitting the hips back and down, while keeping the heels flat on the floor and not allowing the knees to slide forward in front of the toes
- Descent should be slow and controlled, while keeping the chest up, descend until the hamstrings are parallel to the floor
- Do not bounce at the bottom of the movement in order to reach parallel depth
- Back must remain flat with shoulder blades drawn together

Upward Movement:

- The ascent should be powerful but controlled
- Drive the chest up first, before the hips, and press through the heels while ensuring that the chest stays up strong until the hips finish forward in line with the shoulders and ankles
- Do not lock the knees at the top of the movement



Beginning Position



Parallel Position