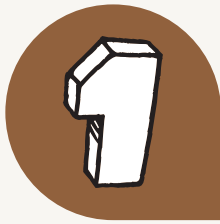


# How to Squat



## Bodyweight (Air) Squat

Master the basics!



## Barbell Back Squat

Learn the different set-ups, proper form, & "do's and don't's"



## Barbell Front Squat

Learn the different set-ups, proper form, & "do's and don't's"

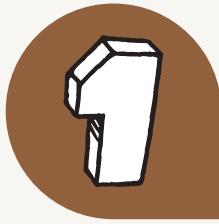


## Barbell Overhead Squat

Proper technique, joint-by-joint stacking, and common mistakes



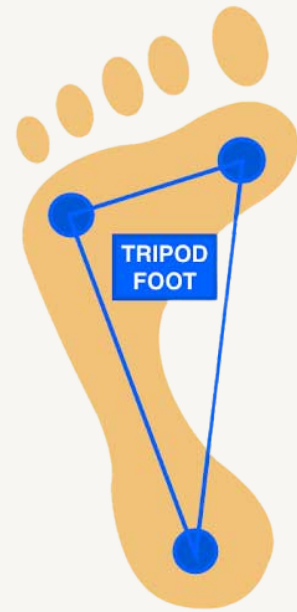
# How to Squat



## Bodyweight (Air) Squat

### "TRIPOD" FOOT

- Refers to how to connect to the ground
- Leads to better stability and force production
- Press downward with your 1st and 5th toes, lift the arch of your foot, connect the tripod with weight on the heel



### KNEES OVER TOES?

If you have a tripod foot, YES! But why?

- Knees over toes is a demonstration of good ankle mobility and anterior tibialis strength
- Helps keep center of gravity over mid-foot

### WHERE SHOULD I FEEL IT?

If you follow these guidelines your squats should be elevated beyond feeling your glutes and quads! You should start to feel the muscles in the front of the shin and bottom of the foot work to maintain stability, you should feel your hips open up from keeping your center of mass over the mid-foot, and you should feel your abs be engaged to maintain an upright posture!

# How to Squat



## Barbell Back Squat

### HIGH BAR SET-UP

- Barbell will rest on the upper trapezius
- Torso will be at a more upright angle relative to the floor
- Barbell should be aligned over mid-foot
- Knees may track further over toes due to a more upright torso
- Makes this variation more dominant on the quad muscles (knee)
- A "tripod foot" should be utilized the entire time



### LOW BAR SET-UP

- Barbell will rest along the midline of the scapula (shoulder blades)
- Torso will be closer to a parallel angle relative to the floor due to the lower bar placement
  - The barbell still needs to be aligned over the mid-foot
- Makes this variation more dominant on the hamstring and glute muscles (hip)
- A "tripod foot" should be utilized the entire time





# How to Squat



## Barbell Front Squat

### FULL GRIP

- The barbell should rest across the deltoids (shoulders) and collar bone
- Elbows should be pointed between 45 degrees and parallel relative to the floor
- Torso remains upright throughout the squat
  - More tension in quad muscles
- Fingers and hand support the bar on the shoulders with a loose grip



### CROSS-OVER GRIP

- The barbell should rest across the deltoids (shoulders) and collar bone
- Arms and hands cross over the barbell to keep in supported in place on the shoulders
- Torso remains upright throughout the squat
- Easier for those with less flexibility in the wrists, elbows, and lat muscles





# How to Squat



## Barbell Overhead Squat

### PROPER ALIGNMENT

- You should be able to draw a straight line from the barbell to the mid-foot that passes through the:
  - Wrists
  - Elbows
  - Shoulders
  - Mid-Foot
- Keeping joints stacked in this manner is important for support, stability, and balance

### COMMON MISTAKES

- Arms fall forward
- Chest drops down/ hips stay high
- Heels lift off the floor
- Elbows bend
- Shoulders internally rotate too much (armpits face the side rather than forward)

