



Squats

Key points

1. Shoulder-width stance
2. Bar rests on front rack
3. Hands just outside shoulders
4. Full grip on bar
5. Elbows in front of the bar
6. Hips descend back and down
7. Hips descend lower than knees
8. Lumbar curve maintained
9. Knees in line with toes
10. Elbows stay off of knees
11. Hips and legs extend rapidly, then press
12. Heels down until hips and legs extend
13. Bar moves over the middle of

Perfect reps (10)

Spotter Responsibility:

- _____

- _____

- _____

Muscles Worked:

- _____

- _____

- _____

Coaching Cues:

- _____

- _____

- _____

