

Performing the Squat (BS, FS)

| Beginning | Progressing | Proficient | Advanced |
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| <p>Getting Ready: Grip bar slightly wider than shoulder width Pinch shoulder blades together, head up & chest out Rest bar evenly on Traps Feet hip-width to shoulder-width apart, toes pointed as straight ahead as possible.</p> <p>Downward Phase: Focus on wall (head up) Slowly lower by flexing at hips Maintain erect body position Keep heels flat on floor Keep knees aligned with feet Inhale</p> <p>Upward Phase: Maintain eye focus and head position Slowly raise bar by straightening the hips Exhale</p> | <p>Getting Ready: Grip bar slightly wider than shoulder width Pinch shoulder blades together, head up & chest out Rest bar evenly on Traps Feet shoulder-width or wider, toes slightly out & even with each other</p> <p>Downward Phase: Focus on wall (head up) Slowly lower by flexing at hips Maintain erect body position Keep heels flat on floor Keep knees aligned with feet Inhale</p> <p>Upward Phase: Maintain eye focus & head position Slowly raise bar by straightening the hips Exhale</p> <p>Other: Weight too heavy Spotters grab bar from lifter Not paying attention One handed spot Only use finger tips</p> | <p>Beginning Position: Grip should be slightly wider than shoulder width Position the bar in balanced on the shoulders Lift and hold chest up and out Pull shoulder blades toward each other Head slightly up Position feet shoulder-width or wider, and even with each other Point toes out slightly</p> <p>Downward Movement phase: Focus eyes on wall and head up Slowly and under control, lower bar by flexing at the hips Maintain erect body position Keep weight over the middle of the foot and heels, not on the toes Keep heels on the floor Keep knees aligned the feet Do not bounce at the bottom of movement</p> <p>Upward Movement Phase: Focus eyes on wall and head up Slowly raise bar by straightening the hips Maintain body position Do not let knees move in or out At the completion of the set, slowly step forward into the rack</p> <p>BREATHING: Inhale during the downward movement phase Exhale though the sticking point of the upward movement phase</p> | <p>Progress to Front squats, Overhead split squats, stop squats</p> |