

# Barbell Squat



- Eyes looking up
- Head straight
- Grip bar (tightly) so forearms are close to vertical
- Squeeze abs
- Squeeze butt



- Bar on traps NOT on spine
- Feet slightly wider than shoulders
- Feet straight or slightly toed out
- Push feet out
- Grab ground with toes
- Push knees out over toes



- SIT BACK, NOT DOWN
- Keep the arch in the lower back
- Keep chest up
- Keep shoulder blades together
- Push up on bar when rising from the bottom



Squatting is one of the most important exercises for both sports performance and injury prevention. The squat will increase speed, enhance jumping and landing stability, and improve the ability to change of direction. It will protect the spine and knees from overload and eventual injury. First and foremost is **TECHNIQUE**. Start with a broom handle and practice developing proper technique. **DO NOT ADD WEIGHT UNTIL YOUR TECHNIQUE IS CORRECT!** In conjunction with your technique practice, you must strengthen your hips, glutes, hamstrings, and core (abs, obliques and lower back). Squatting correctly will strengthen your entire body; squatting incorrectly can cause serious injury. **STAY TIGHT!**