

## BB SQUATS

START



- Begin with the barbell supported on top of the traps
- The chest should be up and the head facing forward
- Adopt a hip-width stance with the feet turned out as needed
- Look forward and keep abs tight

MIDDLE



- Inhale and slowly come down by flexing the knees keeping weight on the front of the heel
- Heels stay on the floor
- Try to end with hamstrings parallel with the floor
- Keep head forwards
- Avoid moving the hips back, this requires that the knees to travel forward
- Ensure knees stay aligned with the feet

END



- Exhale pushing through your heels keeping feet flat
- Keep eyes on fixed spot to help with balance
- The goal is to keep the torso as upright as possible
- Maintain good posture as you come to the starting position
- Repeat the sequence

## MUSCLES TARGETED

### QUADRICEPS, HAMSTRINGS AND GLUTES

- Squats are a great strength building exercise for lower body
- They are also a great fat burning exercise too as they work all the muscles in your lower body in one movement

### NOTE

*Remember to keep your knees behind your toes when squatting as this will reduce risk of injury. Make sure you master your technique before increasing the BB weight.*