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.