Title: Barbell Hack Squats

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Hamstrings

Summary: <ol>

<li>Begin by placing a loaded barbell behind you. Place two 25 lb plates under the back of your feet. Tighten your core and straighten your lower back.</li>

<li>Slowly squat down, getting a good grip on the barbell behind you. Check to make sure your posture is still perfect and balanced.</li>

<li>Stand up while holding the barbell behind. Use your heels to drive yourself back up. Do not straighten your knees at the top.</li>

<li>Slowly lower yourself back down, driving your hips behind you. Repeat the movement.</li>

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