Title: Barbell Kneeling Squats

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">In a power rack, set the barbell to where your shoulders will be when kneeling. Set up behind the barbell. Kneel on a padded surface. Place yourself underneath the barbell, positioning it across your shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Tighten your core and drive your glutes forward as you lift the barbell from the rack. Slowly sit back, keeping a braced form with your upper body.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">When your butt touches your calves, drive your glutes forward again as you slowly return to the starting position. Repeat.</span></li>

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