Title: Barbell Overhead Squats

Primary Muscle Groups: Calves, Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place an appropriate amount of weight on a barbell in a squat rack. Position your hands in an overhand grip outside of shoulder-width on the barbell. Before beginning, make sure that your core is tight and your chest is up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the barbell straight above your head, locking out your elbows. Once you feel stabilized, slowly bend the knees and drive back your hips.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your upper thighs come parallel with the ground, slowly push back up, returning to the starting position.</span></li>

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