Title: Barbell Squats

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings, Lower Back

Summary: <ol>

<li>Set up the barbell on the squat rack so that it is at the same height as your upper chest.</li>

<li>Position your body under the bar, with knees bent so that the bar is resting high on the back of your shoulders.</li>

<li>Grip the bar with your hands comfortably wider than your shoulders.</li>

<li>Slowly straighten your legs to push upwards, lifting the barbell from the rack and take one step forward.</li>

<li>Stand with your legs shoulder width apart.</li>

<li>Bend your knees forward and allow your hips to bend back as if sitting down,</li>

<li>Continue this movement down until your thighs are parallel to the floor or slightly more, making sure your knees are pointing in the same direction as your feet.</li>

<li>Hold for a count of one.</li>

<li>Push up through your heels while straightening your hips and knees, until you are standing in the start position.</li>

<li>Make any adjustments necessary to your stance and grip before continuing on the next repetition.</li>

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