Title: Wide Stance / Sumo Barbell Squats

Primary Muscle Groups: Quadriceps

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

Summary: <ol>

<li>Set a barbell on a rack at your shoulder height.</li>

<li>Step under the bar and rest the back of your shoulders against the bar. <em>Do not put the bar on your neck.</em></li>

<li>Hold on to the bar using an overhand grip so that your palms are facing forward.</li>

<li>Lift the barbell off the rack by pushing up with your legs while straightening your torso.</li>

<li>Step away from the rack and position your legs in a wider than shoulder width position and with your toes slightly pointed out.</li>

<li>Keep your head up and look straight ahead at all times, as looking down will put you off balance.</li>

<li>Ensure your back is straight. This is the start position.</li>

<li>As you inhale, slowly lower the bar by bending your knees while keeping a straight posture with your head up.</li>

<li>Continue down until the angle between you upper legs and calves is slightly less than 90-degrees . As a guide, the front of your knees should be in line with your toes. Do not allow your knees to extend out beyond your toes.</li>

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

<li>As you exhale, raise the bar back to the start position, by pushing through your heels as you straighten your legs.</li>

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

<li>Repeat.</li>

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