

# Dumbbell Goblet Squat Video Exercise Guide

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## Dumbbell Goblet Squat

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## EXERCISE PROFILE

Target Muscle Group

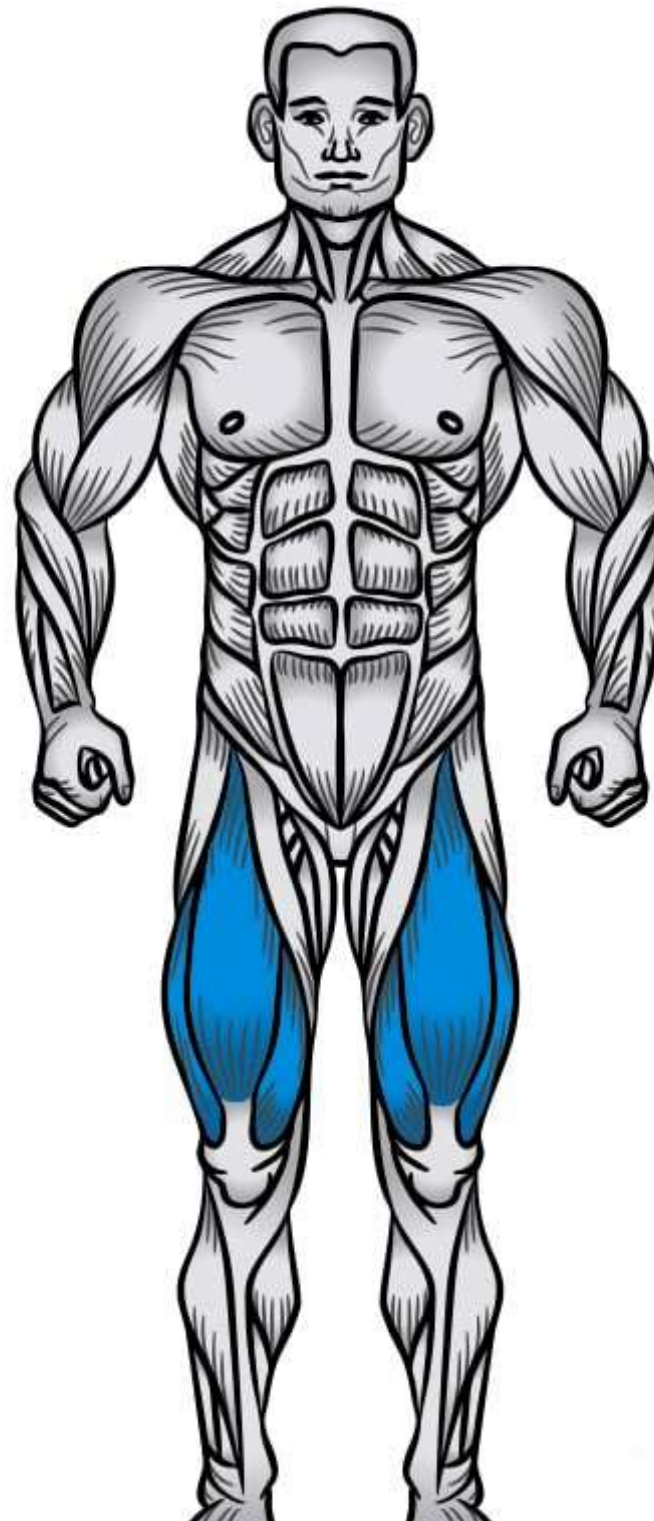
Quads

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|                    |  |
|--------------------|--|
| Exercise Type      | Strength   |
| Equipment Required | Dumbbell   |
| Mechanics          | Compound   |
| Force Type         | Push (Bilateral)                                       |
| Experience Level   | Beginner   |
| Secondary Muscles  | Abs, Adductors, Calves, Glutes, Hamstrings, Lower Back |

TARGET MUSCLE GROUP

# Quads





# Dumbbell Goblet Squat Overview

The dumbbell goblet squat is a variation of the squat and an exercise used to build the muscles of the legs. In particular, the dumbbell goblet squat will place a lot of emphasis on the quads.

The squat movement pattern is a foundational movement and should be performed by most capable individuals throughout their lives. So, it is important to find a variation that is comfortable for you to perform, and continuously work on it.

You can include the dumbbell goblet squat in your leg workouts or full body workouts.

## Dumbbell Goblet Squat Instructions

1. Select a dumbbell and position it at chest height with one hand under each edge of the dumbbell.
2. Take a deep breath and descend by simultaneously pushing the hips back and bending the knees.
3. Once your thighs reach parallel with the floor, begin to reverse the movement.
4. Keep your abs braced and drive your feet through the floor.
5. Drive back to the starting position and repeat for the desired number of repetitions.

## Dumbbell Goblet Squat Tips

1. If you struggle with squatting with a barbell then this is the best version for learning how to squat in a vertical fashion.

2. Toe angle is highly individual - experiment to see what feels best for you.
3. Experiment with a “false” (i.e. thumbless) grip as this helps to eliminate elbow and wrist issues in some folks.
4. Drive through the whole foot - you want 3 points of contact: big toe, little toe, and heel.
5. Imagine you’re trying to drop your back pockets straight towards your heels. Down, not back.
6. Some forward translation of the knees over the toes is alright provided that the knees don’t deviate excessively inward or outward. Those with longer femurs will have to allow their knees to come farther forward if they want to remain upright.
7. Neck position is highly individual as well - some prefer a neutral neck position (i.e. keeping the chin tucked throughout the lift) while others do well with looking straight ahead. Experiment with each and see which one works best for your anatomy.
8. Don’t push the knees out excessively but ensure they track roughly over or slightly outside the 2nd toe.