

Dumbbell Squat Video Exercise Guide

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EXERCISE PROFILE

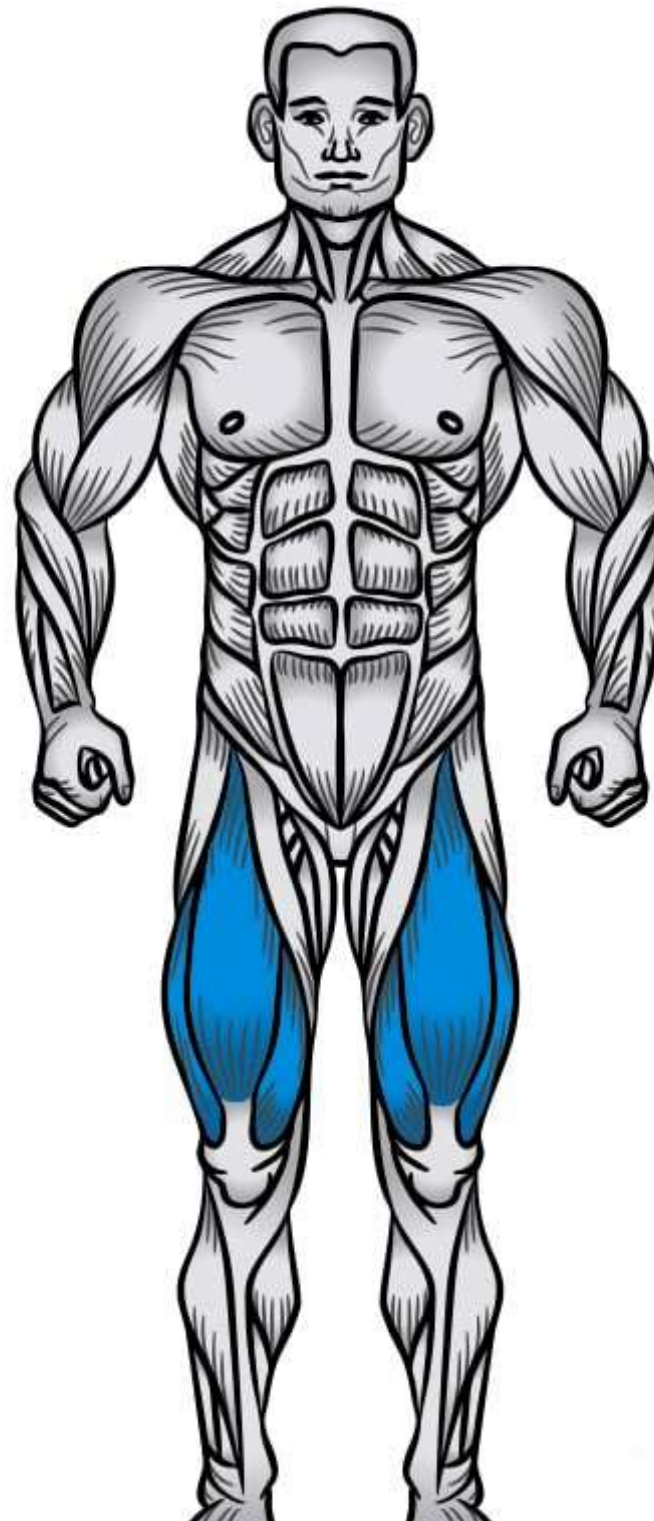
Target Muscle Group

Quads

Exercise Type	Strength
Equipment Required	Dumbbell
Mechanics	Compound
Force Type	Push
Experience Level	Beginner
Secondary Muscles	Calves, Glutes, Hamstrings, Lower Back

TARGET MUSCLE GROUP

Quads





Dumbbell Squat Instructions

1. Set up for the dumbbell squat by choosing a pair of dumbbells and holding them down by your sides.
2. Stand with a slight bend in your knees and your feet around shoulder width apart. Keep your head up and your back straight. This is the starting position.
3. Keeping your eyes facing forward slowly lower your body down. Don't lean forward as you come down. Your buttocks should come out and drop straight down.
4. Squat down as far as possible or at least until your thighs are parallel with the floor, and then slowly raise your body back up by pushing through your heels.
5. Do not lock the knees out when you stand up, and then repeat the movement.

Exercise Tips:

1. It's crucially important that you keep a straight back when you squat! You can ensure your back is straight by keeping your eyes facing forward, chest out, shoulder blades back, and back arched. Keep your core muscles tensed throughout the movement to help hold your back in place.
2. Always push up through your heels. Curling up your toes can help you get the technique right.
3. Never lean forward. This happens when your hips move up faster than your shoulders. To prevent this keep the rep timing slow and controlled and stick your buttocks out as you go down.
4. When you squat down, your hips should be dropping straight down, not coming forward. Using a light weight, perfect your form standing side on to a mirror. Your knees should never track out and over your toes.

5. Using squats to their full potential requires squatting down at least until your thighs are around parallel to the floor.
6. Don't point your knees in or out when you're lowering or pushing the weight. This puts unnecessary strain on the knee joints.
7. Never look down. As soon as you look down your back rounds, simple as that.