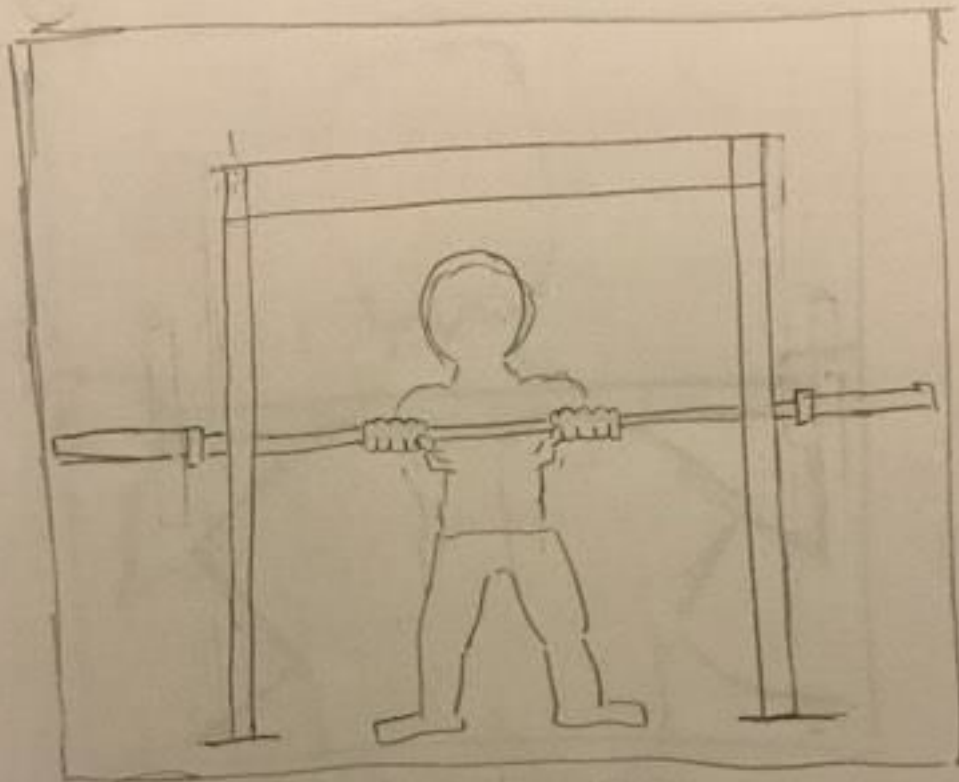


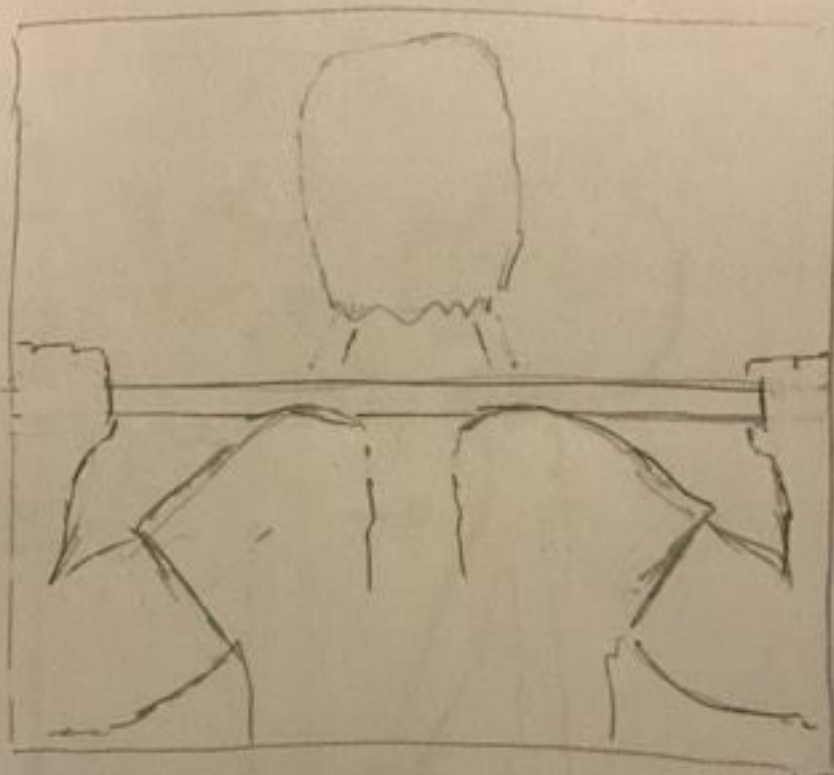
THE GUIDE TO A PERFECT SQUAT

ASSIGNMENT 5A: STORYBOARD



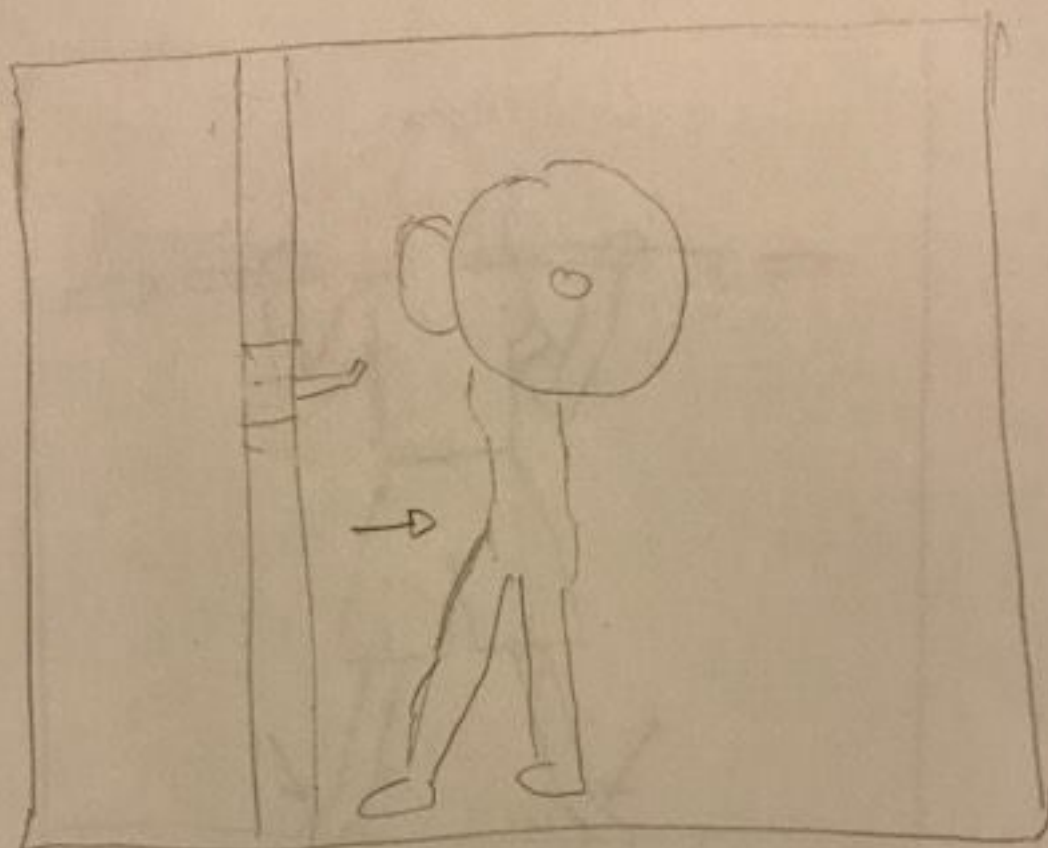
STEP 1: APPROACHING THE BAR.

Adjust the rack so that the bar is at mid-chest / below shoulder level and find your hand position. This will depend on your spine and shoulder mobility, but the tighter the better.



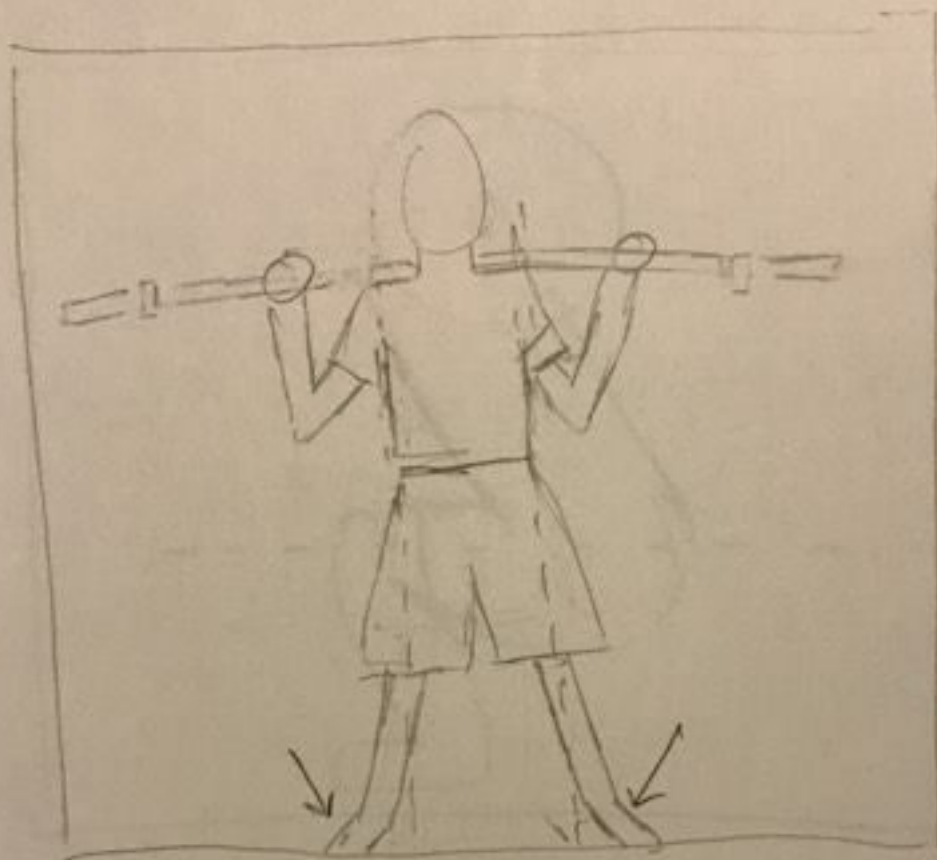
STEP 2: BAR POSITION.

Squeeze your shoulder blades together to create a "pillow" for the bar to sit on. Do this BEFORE setting the bar across your back and keep tight the whole time.



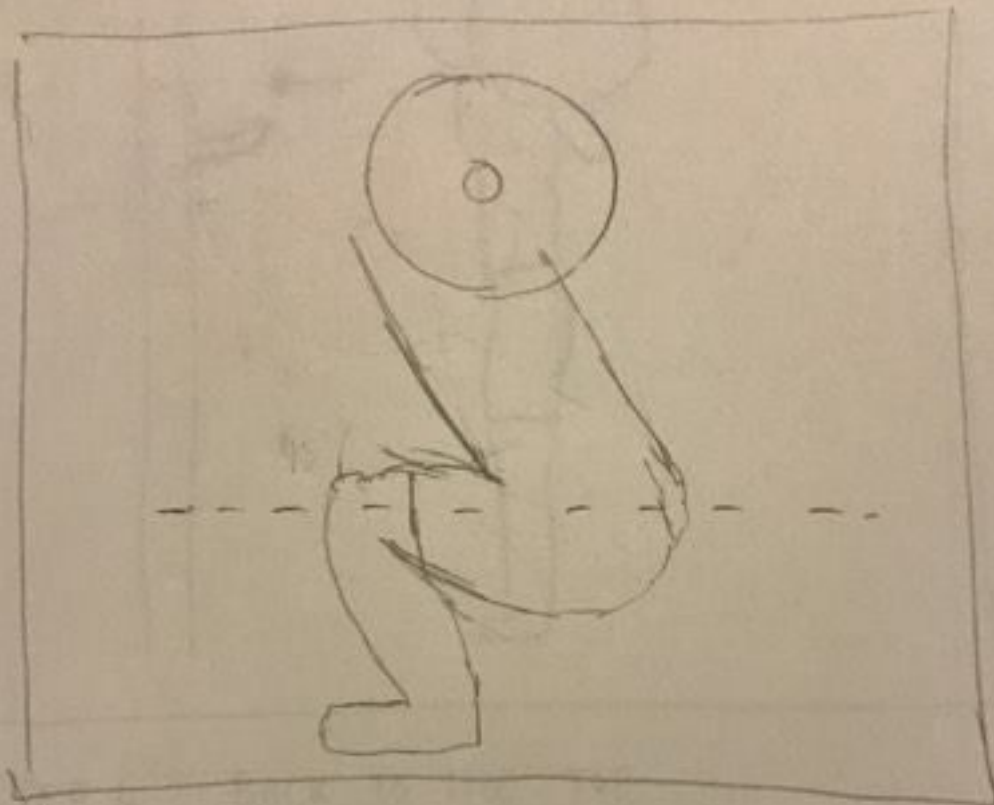
STEP 3: UNRACK THE BAR

With your feet directly under you, squat up to unrack the bar. Take one step back with one leg then the other. From here you will wiggle your feet into the proper position.



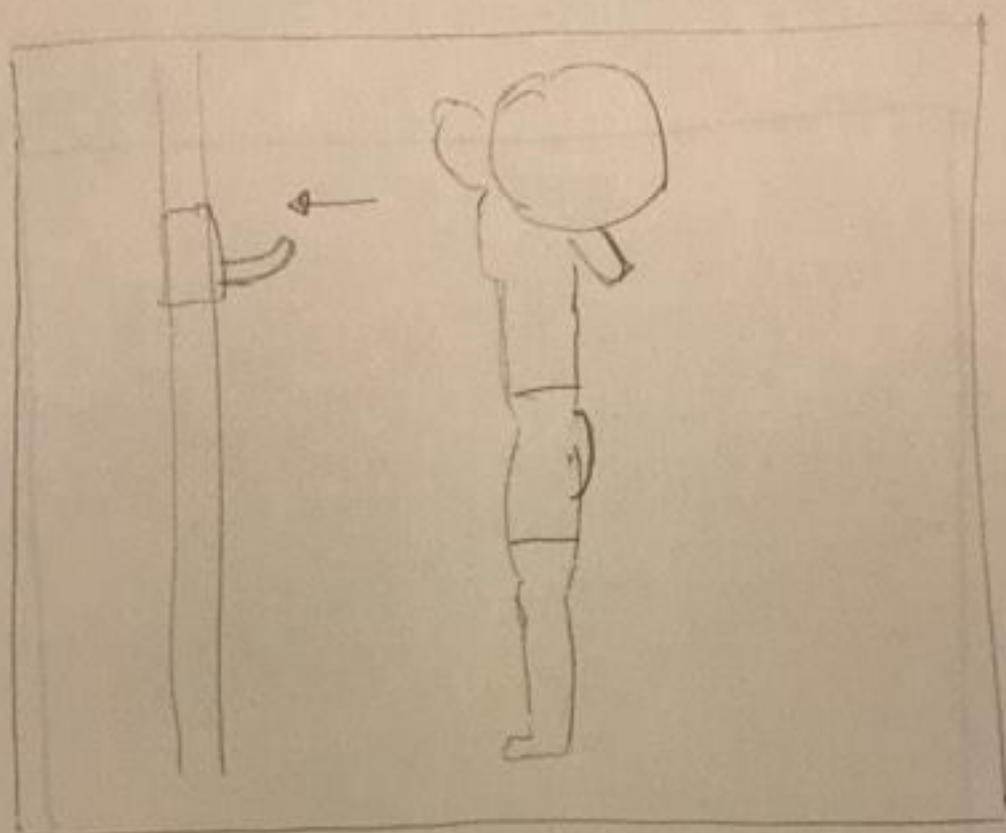
STEP 4: FOOT POSITION

Plant your heels slightly outside of shoulder-width with your feet slightly toed out.



STEP 5 : LOWERING THE WEIGHT

Inhale and lower the weight in a "sitting back" motion. How low you go depends on comfort. For full range of motion aim for below knee level.



STEP 6 : BACK TO THE TOP

Once you are at the bottom, use your pre-stretched hip muscles to press the weight back to the top and exhale. Make sure you are activating your glute and hamstring muscles as well by squeezing your butt. Rerack the bar and you're finished!