

## Guide to a Perfect Squat



Step 1: Warm up. The last thing you want to happen is an injury. Do some stretches and loosen up your body for the work you're about to do!



Step 2: Load up some weight. If it is your first time ever squatting you may want to start with only the bar or with very low weight.



Step 3: Approaching the bar. Make sure the rack is at about mid-chest or slightly below shoulder level. You should also find a comfortable hand position; this will all depend on your shoulder and spine mobility.



Step 4: Get under the bar. Keep your feet directly under your body weight to help with unracking the weight.



Step 4.5: Positioning the bar. 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 stay tight the entire time.



Step 5: Unracking the weight. With your feet directly underneath you, squat upwards to unrack the bar.



Step 6: Take a step backwards and wiggle your feet into the proper position. Your heels should be slightly outside of shoulder width and your toes should be slightly pointed outwards.



Step 7: Inhale and hold your breath as you begin to lower the weight in a "sitting back" motion. Remember to keep your hands and shoulders tight and to keep your back straight.



Step 8: How low you go really depends on comfort, but for full range of motion aim to get your butt at or below knee level.



Step 9: Using your hip, glute, and hamstring muscles drive the weight back upwards and exhale at the top.



Step 10: Take a step back forward and carefully place the bar back on the rack.



Step 11: Congrats! You just did your first squat. Give yourself a pat on the back.