

Squat Basics

SQUAT BASICS:

ALL YOU NEED TO KNOW TO MASTER THIS EXERCISE

Engaging all the major core and leg muscles, squats create simultaneous contraction of the power muscles responsible for vertical drive. Squats are ideal for enhancing overall fitness, helping maximize fat burn and building strength in the lower body and core.

The muscles you work

Squats target your body's strongest muscles; the **Gluteus Maximus** (a.k.a. your butt) which is responsible for movement at the hip, and the **Quadriceps** and **Hamstrings** which work together to straighten and bend the legs. Squats also work the **Erector Spinae**, these are the long thin muscles that run up the vertebral column and are responsible for helping straighten the back.

How to set up the perfect squat

- Place your feet slightly wider than your hips
- Position your feet with toe angled 5-20 degrees outward
- Lift your chest
- Ensure your weight is distributed through the heels and balls of your feet
- Brace your core muscles.

The movement

- Push your hips back and keep pushing them back as the knees begin to bend
- Ensure your knees track forward in line with the middle of each foot
- Keep your chest lifted

- Squat down until your knees are at 90 degrees
- Drive through your heels to return to standing
- Keep the core tight throughout the movement.