

### Execution of a High Bar Squat

- 1.) Set up the squat rack so the bar is at chest height before squatting. Grab the bar slightly outside the shoulder width, than step under the bar so it is positioned on the top of your trap muscles. Make sure your feet are directly under your hips. Stand up under the bar.
- 2.) After standing up, step directly back 8-12" with either foot. Step back and to the side with the other foot to set up your squat stance (slightly wider than hip width). Ensure your toes are in line with each other.
- 3.) Once you have your squat stance, find your foot tripod (ball of the big toe, ball of the pinky toe and heel). Once you can feel those on the ground attempt to spread your toes out as far away from each and actively grip the ground (imagine an eagle grabbing a fish from the water). This will raise the arch of your foot and create the solid connection between your foot and the ground. As your gripping the ground attempt to screw your feet into the floor, find the lateral portion of the heel and squeeze your butt cheeks as tight as you can.
- 4.) Now that your feet are set, you need to actively pull your elbows towards your spine (just like doing a lat pulldown) this will lock the bar in place and create tension and stability. Take a breath into your entire rib cage pushing your stomach out creating tension around the spine. Imagine filling up a balloon, the more air we can get into your stomach the more tension you create.
- 5.) Initiate the descent of the squat by pushing your hips back and breaking at your knees. Maintain tension from the floor, through your glutes, pushing your stomach out, and pinching your elbows towards your spine. Once you've achieved your squat depth drive through the lateral heel and breathe out at the top once you've completed the rep. Repeat this process for the desired reps.

### Execution of a Low Bar Squat

1. Set up the squat rack so the bar is at chest height before squatting. Grab the bar outside shoulder width, than step under the bar so it is positioned on the lower portion of your trap muscles. This is significantly lower than a high bar squat. After grabbing the bar, you should pull your elbows towards your spine this will create a shelf for the bar to rest on.
2. Make sure your feet are directly under your hips. Stand up under the bar. After standing up, step directly back 8-12" with either foot. Step back and to the side with the other foot to set up your squat stance (significantly wider than your high bar stance). Ensure your toes are in line with each other.
3. Once you have your squat stance, find your foot tripod (ball of the big toe, ball of the pinky toe and heel). Once you can feel those on the ground attempt to spread your toes out as far away from each and actively grip the ground (imagine an eagle grabbing a fish from the water). This will raise the arch of your foot and create the solid connection between your foot and the ground. As your gripping the ground attempt to screw your feet into the floor, find the lateral portion of the heel and squeeze your butt cheeks as tight as you can.
4. Now that your feet are set, you need to actively pull your elbows towards your spine (just like doing a lat pulldown) this will lock the bar in place and create tension and stability. Take a breath into your entire rib cage pushing your stomach out creating tension around the spine. Imagine filling up a balloon, the more air we can get into your stomach the more tension you create.

5. Initiate the descent of the squat by pushing your hips back and breaking at your knees. Maintain tension from the floor, through your glutes, pushing your stomach out, and pinching your elbows towards your spine. During a low bar squat the emphasis is to push your hips back far, maintain vertical shins. This places the emphasis on your hips.
6. Once you've achieved your squat depth drive through the lateral heel and breathe out at the top once you've completed the rep. Repeat this process for the desired reps.