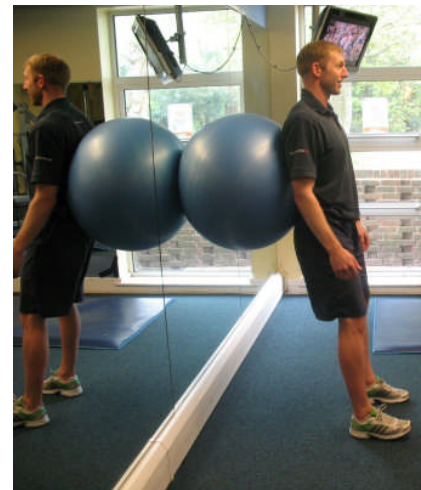


Level One: Stability Ball Squat

The stability ball squat is at level one as it uses the stability ball to maintain proper technique throughout the movement. It teaches you the correct sequence of activation.



Target Muscles

Primary Muscles: gluteus maximus, quadriceps.

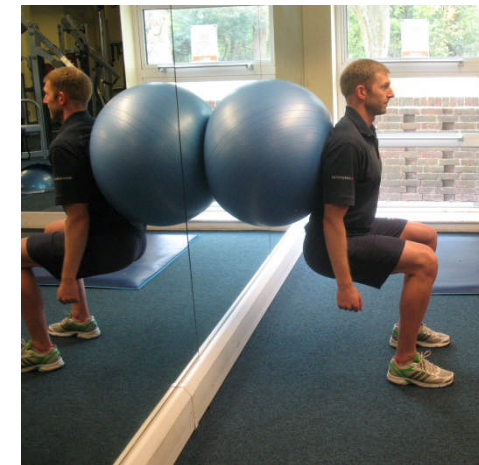
Secondary Muscles: erector spinae, rectus abdominus, transverse abdominus, adductors, abductors, hamstrings.

Teaching Points

- Place the stability ball between your lower back and the wall
- Feet shoulder width apart, slightly in-front of the body
- Engage your core muscles
- Bending at the knees, lower down to the floor
- Squat down until the thighs are parallel to the floor
- Back should stay straight, with a slight lean forwards
- Allow the stability ball to roll up your back between the shoulder blades
- Your body weight should be on your heels
- Push up through the heels to return to the start

Note: The angle between the ankles and knees should be the same as the angle between the hips and shoulders.

Be aware of: knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body bends down / bows), shift laterally when pushing up.



Level Two: Body Weight Squat

This is a progression from the previous exercise because the core is more involved to keep the spine straight (with a slight lean forwards). Gradually increase the range of movement that you squat, start with the top of a BOSU ball and progress by squatting half way down the BOSU then the bench.

The range of movement (depth) is decided by how well you squat. The depth to start from is decided by a rounding of the lumbar spine. As soon as the spine starts to round you go no lower. This is your current range of motion (depth).

Teaching Points

- Start with feet shoulder width / hip width apart
- Toes can be pointing straight ahead of slightly turned out
- Keep your back straight and core engaged
- Push your hips / buttocks back to initiate the movement
- Squat down, bending at the knees until thighs at least parallel to the floor or range of movement achieved
- Make sure your upper body angle (hips to shoulders) is the same angle as that of the lower body (ankles to knees). Avoid excessive movement of knees past toes.

**The pictures on the right show the difference in depth on the BOSU ball, top and halfway down.*



Target Muscles

Primary Muscles: gluteus maximus, quadriceps.

Secondary Muscles: erector spinae, rectus abdominus, transverse abdominus, adductors, abductors, hamstrings.

Be aware of: knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body moves bends down / bows), shifting to one side when pushing up.

Level Three: Goblet Squat

The goblet squat is the pre-requisite of the front squat (level four) as it teaches the you greater core and thoracic control due to the weight being held just below the chin.

At this stage and for preparation of the front squat with a barbell you should work on shoulder mobility in order to hold the barbell in the correct position.

Exercises to help improve shoulder mobility include:

- Shoulder dislocations
- Thoracic spine mobility
- Wrist stretches
- Bicep and Tricep stretches

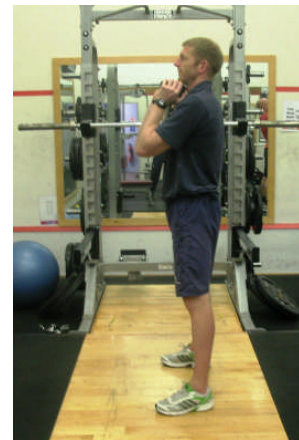
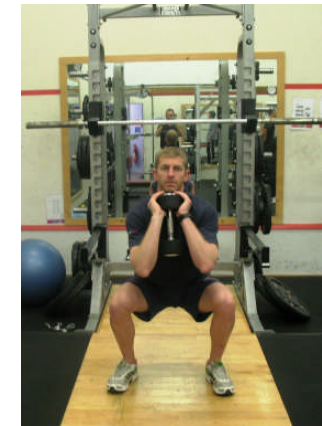
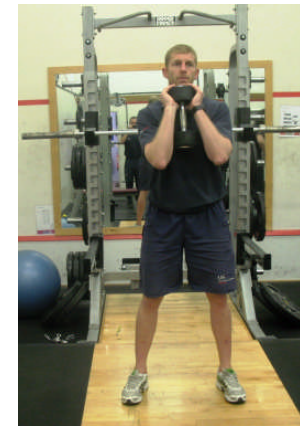
Teaching Points

- Start with feet shoulder width or just past shoulder width, feet pointing straight ahead of slightly turned out
- Keep core engaged, straight back and avoid flexing in the thoracic region
- Hold a weight up close to the chest just below the chin
- Squat down, initiate movement from the hips (glutes), until your range of movement achieved (below parallel is fine)
- The elbows should track directly above or inside the knees, weight against chest
- Power through the glutes and hips to stand (pushing up through the heels)

Target Muscles

Primary Muscles:
gluteus maximus,
quadriceps.

Secondary Muscles: erector spinae, rectus abdominus, transverse abdominus, adductors, abductors, hamstrings.



Be aware of: knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body moves bends down / bows), shift to one side when pushing up, thoracic spine flexing.

Level Four: Barbell Front Squat

The front squat with a barbell requires greater range of movement at the elbow / shoulder joints to keep the barbell in place. The weight being lifted will also be greater. Greater stability in the pelvic region is required, no movements to the left or right. The spine should be straight and drop down, keeping the weight above the heels.

If the wrong technique is performed then the weight is likely to fall forwards, demonstrating poor technique, if this occurs you are not ready for this stage.

Teaching Points

- Walk into the rack, chest up, place the bar on your shoulders, behind the clavicle and close to your throat (shoulders support the weight, not your hands)
- Have your hands reached out in front of you at shoulder height. (Alternatively hands gripping the bar just past shoulder width, elbows high)
- Lift the weight from the rack and step back
- Feet just past shoulder width, head looking forwards
- Toes pointing slightly out to the side / straight ahead (knees must follow the direction the toes are pointing)
- Squat down pushing the hips back, slight lean forwards (keep the weight directly above the heel)
- Depending on range of movement you should break parallel
- Push up through the heels, squeeze through the glutes and push hips through (keep spine straight) to return to start



Target Muscles

Primary Muscles: gluteus maximus, quadriceps

Secondary Muscles: erector spinae, rectus abdominus, transverse abdominus, adductors, abductors, hamstrings.

Be aware of: knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body moves bends down / bows), shift to one side when pushing up, thoracic spine flexing, elbows dropping, bar not resting on shoulders.

