

Level Three: Goblet Squat

The goblet squat is the pre-requisite of the front squat (level four) as it teaches the member 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 the member should work on shoulder mobility in order to hold the barbell in the correct position. Exercises to help include:

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

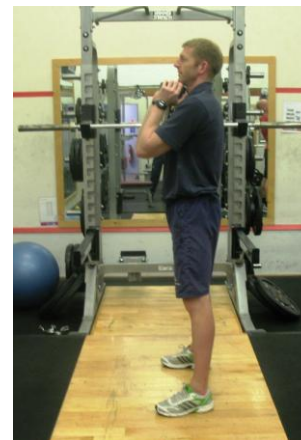
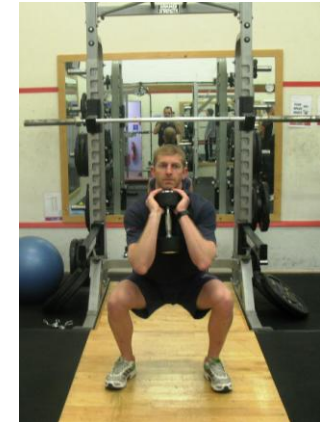
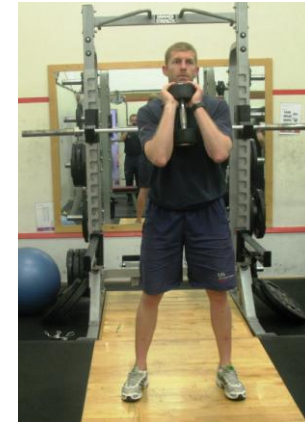
Teaching Points

- Start with feet shoulder width or just past shoulder width, feet pointing straight ahead or 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 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



Look out for: 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