

Level Four: Barbell Front Squat

The front squat with a barbell requires greater range of movement at the elbow/shoulder joints to keep the weight 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 of favouring one foot to push up from. The spine should remain straight and drop down, keeping the weight above the heels.

If the wrong technique is performed then the weight is likely to fall forwards, this can be assessed using the first three pictures on the right, demonstrating poor technique and the member is 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 (not too far otherwise the barbell will drop to the floor), 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

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, elbows dropping, bar not resting on shoulders

