



MASTER THE POSTERIOR CHAIN USING THE FRONT SQUAT

You can make Front Squats a staple of your workout regimen!

Front Squats can showcase imbalances that may go unnoticed while performing the traditional Back Squat. Using the front squat to distribute the weight in front of the body can identify different challenges such as ankle and hip mobility, shoulder flexibility, breathing techniques and the good practice of keeping your spine neutral.

WARM-UP

ROTATOR CUFF

These warm-ups help with flexibility through the shoulders to maintain parallel lines between the upper arm and floor during the front squats.

- Internal Rotation

Grab two plates (2.5 or 5 lbs.) and bend your elbows to 90 degrees and keep them fixed to your side. Keep your palms up and rotate the weight out to your side (don't forget to keep your elbows in!), then return to the front. Complete 15 to 20 repetitions, slowly!

- External Rotation

Using the same two plates, bring your elbows up to your shoulders, still bent at 90 degrees and let the weight hang down. Keep your elbows in the same place and rotate the weight up toward the ceiling and back down. Complete 15 to 20 repetitions here too.

GLUTES/HAMSTRINGS

This warm-up exercise helps activate the posterior chain (glutes and hamstrings) to prepare you for the front squat.

- Frog Glute Hip Bridge

Grab a mat and lie on your back. Press the bottom of your feet together and focus on driving the sides of your feet into the mat as you lift the hips. Drive your hips up as high as possible, squeezing your glutes hard as you brace your abs. (30-40 repetitions)

FRONT SQUAT WORKOUT

Step up to the bar while on the rack and place the bar above your chest, on the shoulders near the neck. Lift your arms and secure the bar to your body with a cross grip (left hand to bar over right shoulder and vice-versa) or a clean grip (fingertips under the bar just outside the shoulders). Lift the weight off the rack, and perform a squat with proper technique.

First Set: 15 repetitions to failure (Use a light weight to focus on form)

4 Sets: 6 to 8 repetitions (Pick a weight that challenges you on your last two reps!)

Last Set: Perform to failure (Lower the weight and try to get at least 10 reps in)

See a Personal Trainer for more detailed instructions or a demonstration.



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