

# Landmine Squat & Press



**Description:** Stand with your feet shoulder-width apart and hold the free end of the bar with one hand positioned at your shoulder. Bend your hips and knees to lower into a quarter squat. Drive out of the squat and push the barbell up and away from your body. Lower the barbell to your shoulder in control and immediately repeat. Repeat on the other side.

**Sets/Reps:** 3 sets of 10-12 repetitions.

**Common Mistakes:** Two of the most common mistakes are rotating during the drive phase as well as breaking the exercise into two phases separating the squat and press into two distinct movements rather than one fluid one. To limit rotation always start with lower weight and work your way up. Another common mistake is flaring the elbow out during the press. Always make sure to keep the elbow tight to the body pressing with the triceps.

**\*\*Tip:** Picture yourself shotputting.

**Target Muscles:** Quadriceps, Glutes, Deltoids, Abdominals and Triceps.

**Modifications:** To decrease the difficulty you can use only the barbell without any extra weight. To increase difficulty add weight to the end of the landmine while still keeping form and limiting rotation during the motion.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

