

Goblet Squat



Description: Begin standing up tall with abdominal muscles gently contracted. Hold a kettle bell firmly with palms open upright at chest height. Push hips back while bending knees (like sitting onto a chair) until you reach an angle of ~90 degrees at the knees. To ensure knees never travel in front of toes, think about spreading the ground with feet. Exhale as you press up through your heels and squeeze your buttocks to stand up straight.

****Tip:** Engage glutes throughout entire movement to assist low back and prevent arching.

Sets/reps: 10-12 reps for 3 sets.

Modifications: to practice technique use bench or box to tap buttocks, or start by sitting on bench and practice sit to stand position by pushing through the heels. This will assist with getting out of the bottom of the squat, which is the toughest part of the movement.

Common Mistakes: Rounding the spine, or arching the back and hinging at the low back and not at the hips. Bringing the torso too far forward, try to stay as upright as possible.

Target Muscles: Quads, Glutes, Hamstrings.

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

