

Thrusters



Description: Grab a pair of dumbbells and hold them just above your shoulders with palms facing each other. Stand with feet shoulder-width apart. Next, lower body down into a squat by bending knees and lowering hips down until your thighs are near parallel to the floor. Push yourself back up to starting position, while simultaneously pushing dumbbells straight up above head and thrusting your hips forward. Your arms, legs and hips should be straight at ending position. Your low back should only have a slight arch when at the top of the movement.

****Tips:** Engage glutes and abdominals throughout the 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 at bottom of your squat, 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.

Widening the feet slightly can help with squat depth.

Common Mistakes: Rounding the spine, or arching the back and hinging at the low back instead of at the hips. Bringing the torso and weights too far forward, try to stay as upright as possible and not let the dumbbells drop below shoulder height.

Target Muscles: Quads, Glutes, abdominals, low back, upper back, shoulders and forearms.

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

