



Front Squat Tutorial

1. Stand with your feet shoulder width apart, shoulders back and down, and core engaged
2. Hold the bar in "rack" position with hands just outside the shoulders
3. Imagine grabbing the ground with your feet to activate the glutes and hamstrings
4. Begin to sit into the squat keeping the bar over the middle of the foot
5. At the bottom of the squat, make sure your knees are pushed out and positioned in the same direction as your feet
6. During the upward motion, imagine pushing through the ground and pushing up through the bar
7. Keep pushing up until you are back in a normal standing position

