

Barbell Squat Instructions

Equipment Needed: Power Rack, Squat Rack, Barbell

Spot
Recommended

Refer to *Barbell Squat* for the related exercise instructions.

How to Use the Power Rack to Get into Start Position:

Step 1



Adjust the barbell supports below your shoulder height. For comfort, you may attach a pad on the barbell.

Step 2



Adjust the stop bars, allowing your thighs to be parallel to the floor when at their lowest position.

Step 3



Step one foot forward, placing it directly underneath the barbell. Position your body under the bar. Grip the barbell 6 to 8 inches wider than your shoulder width.

Step 4



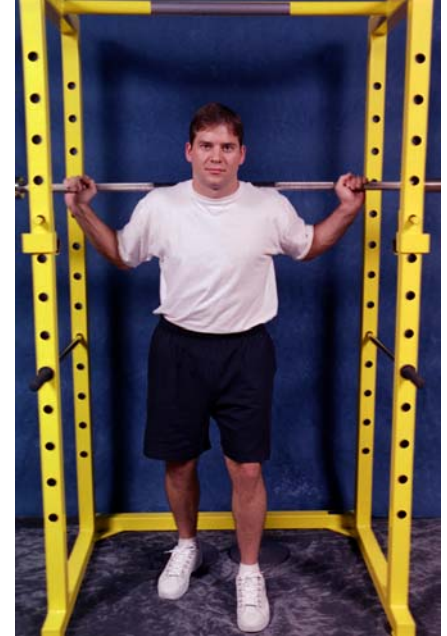
Bring your other foot forward, keeping your feet shoulder width apart. With your back straight and a slight bend in your knees, rest the barbell on your upper back, just below the baseline of your neck.

Step 5



Lift the barbell, using your legs, not your back.

Step 6



Carefully, step one foot back.

Step 7



Bring your other foot back. Stand with your feet aligned, shoulder width part, and facing forward.