

Exercise Spotlight

Squat [Bench Assisted, Dumbbell, Goblet Style]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Transverse Abdominis, Erector Spinae
Benefits	- Increase full body strength and enhance athletic performance - Incorporating a bench can help to reinforce a strong movement pattern, achieve consistent depth, and allow for the safe execution of a squat
Precautions	- Think about keeping the weight through your heels, back strong, knees pushed out, and holding stable posture throughout the entire movement
Instructions	- Stand tall with your feet hip-width apart, shoulders set down and back, stomach drawn in, hips in a neutral position, a bench positioned behind you, and a single dumbbell held at your chest in a goblet position - Inhale as you push your hips back, then bend at the knees until your glutes touch the bench behind you, pausing at the bottom without losing muscle tension, and maintaining a neutral low back position - Exhale as you push through your quadriceps and glutes, stabilizing yourself with the core musculature as you return to start position - Repeat for desired number of sets and repetitions

Start and Finish



Mid Point

