

Back Squat Lifting Technique

- ❑ A squat rack or power rack and plate loaded barbell is required
- ❑ The bar is loaded with the desired weight

- ❑ Exercise Starting Position
 - Bar positioned about arm pit height in squat rack or power rack move toward bar and position base of the neck/upper middle back and hips and feet directly under the bar
 - Grasp bar with one of the following hand and arm positions
 1. Low-Bar
 - a. Evenly place the bar on top of the posterior deltoids at the middle of the
 - b. Grasp the bar with a wide grip, wider than shoulder width
 - c. Use a closed grip or open grip
 2. High-Bar
 - a. Evenly place the bar above the posterior deltoids at the middle of the
 - b. Grasp the bar with a grip that is about shoulder width with a closed grip.
 - For either position lift the elbows up to create a shelf with the upper back and shoulder muscles for the bar to rest on. High elbows also keeps pressure on the bar to keep it from sliding down the back.
 - To remove the bar from the rack extend the hips and knees to lift the bar from the supporting pins. Take a step backward staying aware of the frame of the rack
 - Place feet between shoulder and hip width apart with toes slightly pointed outward so knees track directly over feet as they flex and extend
 - Erect torso with head slightly up and protruding chest up and out to create a flat back
 - Elbows high to keep bar in position
- ❑ Exercise Downward Movement
 - Slowly allow the hips and knees to flex under control
 - Maintain an erect torso and ridged arm, do not round the back or lean forward
 - Focus the eyes ahead and up by slightly tilting the head
 - Keep the body's weight over the middle and heel area of the foot, do not allow the heels to come off of the floor
 - Lower the bar until
 - Thighs are parallel with the floor
 - Trunk begins to round or flex forward or
 - The heels raise off of the ground
 - Do not bounce or relax at the bottom
- ❑ Exercise Upward Movement
 - Lift the bar forcefully but under control by extending the hips and knees

- Maintain an erect torso and high elbows, resist tendency to lean forward by keeping the head titled slightly back and the chest held up and out
 - Drive the bar upward by pushing up through the whole foot with the weight evenly distributed between the heels and forefoot under the bar. Do not let the weight shift forward
 - The knees should stay aligned over the feet, do not allow them to shift
 - Raise the bar at an even rate until the knees and hips are extended fully
 - At the completion of the set walk forward slowly to the rack and return the bar to the pins.
- Record number of technique correct repetitions
 - Predict 1RM using equations.

**Modified from the National Strength and Conditioning Association Certification Commission.
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