

FRONT SQUAT

RACK POSITION

FRANKENSTEIN SQUAT

SQUAT



With the bar over the hips (behind the head,) the athlete descends to a below-parallel position and rises. Weight must be kept on the heels to prevent the bar from drifting forward.



With bar resting on the collarbone, the athlete pushes elbows forward of the bar (extending the wrist) until the upper arms are parallel to the ground.



Holding the bar in 'rack' position (bar on collarbone, elbows in front of the bar, head high, chest big) the athlete squats with even pressure on the foot (no rolling onto toes or heels.) The athlete's knee angle goes below 90 degrees, and then the athlete returns to standing without dipping her elbows on the ascent.



Squat with thumbs on the shoulders, with triceps parallel to the ground. Practice without the barbell first.



20 with a weighted barbell

Enter and exit 'rack position' on demand. Elbows must be in front of the bar with bar resting on collarbone.

10 in a row, without barbell rolling forward.

20 nonstop.

