

# Squats



**Muscle Group:** Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 |  
**Equipment:** Weight machine, barbells or dumbbell

### Instructions

1. Choose your plates and weights based on comfort level.
2. Adjust the rack height to be level with your shoulders.
3. Load your weight if needed and secure using bar clips.
4. Step under the bar, place your hands shoulder width apart and grip the bar, and rest the bar between the top of your shoulder blades.
5. Lift up to bring the bar off the rack and step back.
6. With feet shoulder width apart, slowly bend your knees and sit back like you are sitting in a chair until your quadriceps are parallel to the ground.
7. Pause, then slowly stand back up.
8. Repeat this 10 times (3 x 10).

### Tips & Modifications

- Progress from body weight to dumbbells to using a squat rack/barbell.
  - Turn your toes slightly outward when getting into position.
- Make sure your knees do not go past your feet, and stay facing forward.
- Beginner Tip: Start with no weights and practice proper form with hands clasped in front.
  - Most barbells are 45lbs with no plates.

