

The Squat

Body & health

The setup and the cues, plus the faults that actually matter.

Bodyweight or loaded — the mechanics are the same.

1

Set the feet

About shoulder width, toes slightly out. Weight through the whole foot.

2

Brace

Breathe in, tighten the midsection as if about to be pushed.

3

Descend by hinging and bending

Hips back and knees forward together. Chest stays proud.

4

Depth to control

As deep as you can go without the lower back rounding.

5

Drive up

Push the floor away. Hips and shoulders rise at the same rate.

FAULTS THAT MATTER

Lower back rounding at the bottom

Knees collapsing inward

Heels lifting

Hips rising faster than the chest

Knees travelling past the toes is normal and safe for most people. It is not one of the faults worth correcting.