

PROPER BOX SQUAT TECHNIQUE

- BAR SHOULD BE PLACED LOW ON UPPER BACK
- ELBOWS SHOULD BE KEPT DOWN, SHOULDER BLADES SHOULD BE SQUEEZED TOGETHER
- FEET SHOULD BE SLIGHTLY WIDER THEN SHOULDER WITH
- LOW BACK SHOULD BE ARCHED, CHEST SHOULD BE UP, LOOK STRAIGHT AHEAD
- SIT BACK NOT DOWN ON THE BOX
- SPREAD THE FLOOR OUT WITH YOUR FEET
- SIT AND SETTLE ON BOX, DON' T FLOP
- WHEN RAISING OF THE BOX, CHEST SHOULD COME UP FIRST
- BAR SHOULD TRAVEL IN A STRAIGHT LINE

NOTE: YOU SHOULD BE SPREADING THE FLOOR ON THE WAY DOWN AND ON THE WAY UP.