

Box Squats

- The barbell should be placed right above the scapula or slightly lower.
- Hand placement on the bar will vary for every lifter. Keep your elbows down.
- Your feet should be shoulder width apart or slightly wider.
- Once you have walked it out of the rack and you have set your feet try to maintain good posture.
- Hinge at your hips and bend your knees as you start your descent.
- Keep your knees abducted throughout the movement
Control the descent all the way down to the box, don't flop and maintain your upper body posture.
- Pause on the box for a one count.
- When squatting of the box the bar should travel in a straight line.

The box squat is an exercise you can use to improve your free squat (squats without a box). If your squats on the box do not resemble your free squat the carry over will be minimal.