



## Movement Technique Primer: Barbell Back Squat

Complete 1 round of this circuit before your workout to practice and solidify the separate movement components of the Barbell Back Squat.

### DB Iso Goblet Squat (5-sec hold) x 10 reps



### Empty-Bar Back Squat x 10 reps



### BB Box Squat x 10 reps



### BB Tempo Back Squat (5 sec down) x 10 reps

