

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

