

Goblet Squat

Squatting is a basic human movement. It is also a movement that most Americans cannot perform properly or with ease. To be able to perform a full, deep squat, a lot of things have to happen. The ankles have to be mobile enough to allow the knee to travel out and over the toes. The thigh muscles have to be strong to move and stabilize the knees and hips. Your hips need to be mobile enough to prevent rounded of the low back at the bottom. And you need core and back strength to maintain a neutral spine throughout the squat.

THE MOVE

✘ The goblet squat is an easy way to improve your ability to squat. Try performing this movement daily and reassess after a month and see how much stronger and easier it is to do. You can do one quick set during your lunch break or add 2-3 sets into your workouts. The idea is to be constantly developing the squat as a skill. Your hips, knees, and back will end up healthier for it.

The Goblet Squat

- Hold the dumbbell or kettlebell high against the chest
- Keep your chest up
- Have your feet slightly wider than shoulder width
- Feet can be turned out 0-30 degrees
- Sink down into the squat
- Drive your knee out while the elbows track inside of the knees
- Drive back up pushing through the heels
- Keep the chest up

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