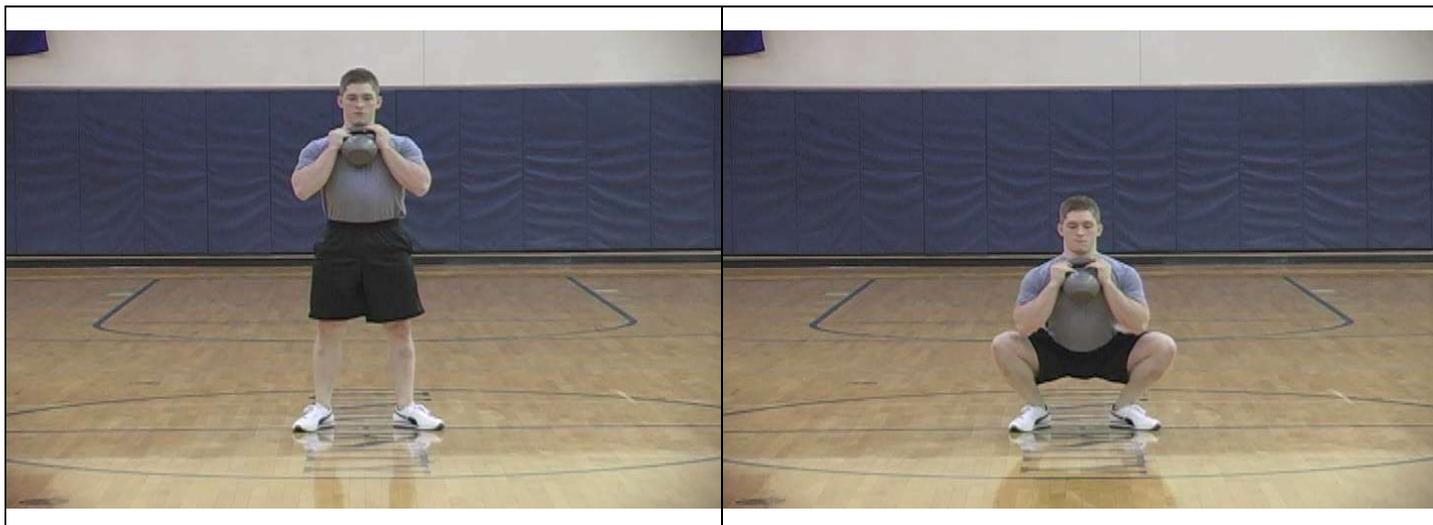


## 2.3 – GOBLET SQUATS



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To re-groove a proper squat pattern, while simultaneously improving mobility in the hips and thoracic spine.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Grab a light dumbbell or kettlebell and hold it against your chest.</li> <li>▪ Set-up with your feet in a slightly wider than shoulder-width stance, and the toes turned out slightly.</li> <li>▪ Your chest should be elevated, and you should have a slight arch in your lower back.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Brace the core, sit back, and push your knees out to the side.</li> <li>▪ In the bottom position, your elbows should graze against your knees.</li> <li>▪ Keep your chest up and out, and return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Don't allow any rounding of the lower back.</li> <li>▪ Focus on keeping the chest up and knees out throughout.</li> </ul>