

FRIDAY FITNESS TIP



Goblet Squat



HOW to:

- 1: Push your knees out a bit
- 2: Sit back and sink between your legs
- 3: Keep your chest up and abs tight

WHY?!

The difference isn't so much in the coaching cues, it's in feeling the movement. Holding a dumbbell or kettlebell out in front shifts your center of gravity so that you're forced (or at least strongly encouraged) to tighten up your trunk and abs to brace the load. This allows you to really sit back onto your heels when you push your hips back into the squat. Then just make contact between the knees and elbows to find the bottom position before standing back up.

Any questions let me know:
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