

HOW TO PERFORM A CROSSED-ARM BARBELL FRONT SQUAT



How To Do

1. With feet shoulder-width apart, position yourself under the center of the barbell in the rack as you rest it on your upper shoulders.
2. Cross your arms over the top of the barbell and grip it with both hands to secure in place over your shoulders.
3. Lift the barbell from the rack by partially standing up and taking a step back while keeping your elbows up to prevent the barbell from falling.
4. Inhale and break at your hips, sitting down and keeping your torso upright.
5. Continue until your thighs are at least parallel to the floor.
6. Exhale and push through your heels to return to the starting position.
7. After all reps are completed, walk forward to return the barbell to the rack.

TIP:

Focus on keeping your elbows up and torso upright more than anything else. Doing so can prevent the barbell from falling forward.

Alternate:

Perform using a bench or a box (box squat)

