

## Skill

### The Barbell Squat

**Visual Description:** Step under bar and place it centered on upper trapezius muscle. Balance bar on upper back and unrack. Keeping head and chest up, sink down under control until thighs are parallel to the floor, pause at the bottom and explode up bringing hips forward until back in standing position.

#### Movement Sequence:

1. Center bar on upper back, grip bar comfortably with hands
2. Unrack bar and stay balanced
3. Keeping head and chest up sink under control
4. Knees should bend directly over toes, toes pointed slightly out
5. Feet remain flat throughout the movement
6. Sink until thighs are parallel to floor
7. Explode up, keeping core tight, using quads and glutes
8. Continue up squeezing hips forward until legs are straight

#### Verbal Cues:

Balance and grip\*  
Unrack  
Head and Chest Up\*  
Knees and Toes  
Feet flat  
Parallel\*  
Explode\*  
Squeeze Up

#### Task Complexity Variables:

**Skill:** Discrete - Serial

**Learner:** Beginner - Intermediate

**Environment:** Closed

Student	Balance & Grip	Head & Chest Up	Parallel	Explode