

# OVERHEAD SQUAT

You've probably seen overhead squats during the Summer Olympics and thought only superior athletes did it. Anyone can learn how to perform this movement with patience and repetition. The benefits of doing the overhead squat are opening up the chest cavity to improve shoulder flexibility and improving core stability. Similar to other squats, the overhead squat targets the quads, hamstrings, and glutes and is an effective addition to your routine. Train hard, play hard!

Start by standing with a barbell overhead and your feet shoulder width apart. Widen out your hands until the bar is six inches above your head while keeping your arms straight. Bend your knees while keeping your heels flat and your back in the neutral position. It's very important to perform a full squat during this movement. Return to the starting position by extending your legs by driving through the middle of your feet. Perform 3 sets of 10.

**NOTE:** Make sure the bar stays directly overhead and your elbows are locked out during the duration of the movement. Also, don't be discouraged if you do not have the shoulder flexibility to perform the exercise right away. Warm up the shoulder joint by stretching prior to performing the exercise.

Model: Deborah Peanut Buford

## EXERCISE 1



## EXERCISE 2

