



PERFORMANCE MATTERS

Welcome to this week's edition of Performance Matters. This week, we'll be breaking down the form and mechanics of one of the best squats variants for young trainees.

THE GOBLET SQUAT

See the full squat video here <https://www.instagram.com/franusfitness/>.



The Goblet Squat is the ideal Squat variation to teach young athletes proper squat technique; however it can be used to build strength for everyone.

☆Goblet Squat Form

The beauty of the Goblet Squat is that it's incredibly easy to perform—even for beginners and young FCA athletes. Here's how to do it:

Step 1: Stand with your feet between hip- and shoulder-width apart. Hold a dumbbell or kettlebell vertically with your hands underneath the top of the weight. Hold the weight against your body so it's touching your sternum and chest.

Step 2: Keeping your core tight, back flat and dumbbell or kettlebell in contact with your body, bend your hips and knees to initiate the squat and continue until your elbows touch your knees.

Step 3: Drive your heels into the ground to stand up to the starting position. Squeeze your glutes as you work your way up to the standing position.

Next week we'll wrap up our squat discussion with some more valuable form tips for gaining optimal strength and size with this great exercise.

Train smart and be great in all that you do!

Faithfully Fit,

Keith Franus