Gene Baker, CSCS
Troy Athens High School
Troy, Michigan

--- Basic ---

**Parallel Bar Dips**

**Starting Position**
- Place hands on parallel bars and assume a straight-arm supported position.
- Most apparatuses provide some form of step in order to easily get into position.
- On some apparatuses you may need to jump up to this starting position.
- The legs should hang directly below the torso, with knees straight or bent depending on how high the bars are from the floor.

**The Exercise**
- Bend the elbows and lower the body into position so the shoulders approach the hands; a slight forward lean of the torso may occur.
- The depth of the dip will depend on your flexibility and strength levels.
- The upper arm should be approximately parallel to the floor.
- Extend the arms to return to the starting position.

**Muscles Worked**
- Pectoralis major, triceps, deltoids.

**Considerations**
- The preferred method of using additional resistance in this exercise is to secure weight to a special belt around the hips, suspending the weight between the legs. Alternatively, a training partner may place a dumbbell between the lifter’s feet and may also help the lifter into the starting position. Athletes too weak to push back to an arms-extended position may perform this exercise in an eccentric fashion, jumping up to the starting position prior to each descending repetition.

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### Overhead Squat

**Starting Position**
- Place the barbell at shoulder level on a squat rack.
- Place the hands on the bar with a wide (snatch) grip.
- Rest the barbell on the trapezoidus muscles of the upper back and stand up.
- Step back from the squat rack.
- Push jerk the bar overhead by bending the knees and ankles slightly, then rapidly straightening the legs and arms.
- Bend the knees to catch the bar in its final straight-arm position.
- Straighten the knees and place the feet in a comfortable squatting position.

**The Lift**
- Bend the knees and ankles, lowering the body as far as possible.
- Stop when the tops of the thighs are approximately parallel to the floor.
- Keep the upper body as vertical as possible.
- Push upward on the bar with the shoulders and arms.
- Upon reaching the lowest squatting position, straighten the legs and return to the starting position.
- Inhale prior to squatting, exhale upon rising.

**Muscles Worked**
Quadriceps, gluteals, deltoids, triceps, wrist/forearm extensors, and various supporting musculature.

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**Advanced**

**Safety and Spotting**
Spotters should stand at each end of the barbell during the first few training sessions. They should watch the lifter for loss of balance or reduced tension in the arms or shoulders, and should assist in lowering the bar to the starting position. Light weights are recommended until balance is perfected.

It is also a good idea to do 2 to 3 weeks of presses behind the neck with the snatch grip to strengthen the posterior deltoids and triceps. This ensures a tight overhead position. Shoulder stretching, particularly "dislocates" with a broomstick, should also be done. Proper foot position is determined by practicing the exercise without weight.

The coach should also teach the proper way to handle the barbell if the lifter loses balance and has to drop the weight.