Front Squat and Belt Squat

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— Basic —

Front Squat

Starting Position

- From a starting position in the squat rack, grasp the bar with an overhand (pronated) grip, slightly wider than shoulder width.
- Position the bar across the anterior deltoid.
- Inhale, keeping the chest expanded and the back tight.
- Focus the eyes straight ahead.
- Stand up and slowly step backward 1 or 2 steps.
- Position the feet shoulder-width apart or wider, with the toes pointed straight or slightly outward.

The Exercise

- Bend the hips, knees, and ankles, and descend slowly in a controlled manner until the tops of the thighs are parallel to the floor.
- Keep the feet flat on the floor.
- Your balance should be over the middle of the feet.
- Inhale while descending, exhale past the sticking point on the ascent.
- Keep torso straight and rigid throughout the movement.
- Track the knees over the feet.
- Do not bounce at the bottom.
- Ascend rapidly but under control.

Muscles Used

Quadriceps and gluteals.

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Advanced

Belt Squat

Starting Position
- Stand in the center of 2 solid blocks or boxes approximately 2 ft high.
- Place hip belt over hips, squat to attach belt to stack.
- The blocks should be positioned wide enough to allow the feet to be slightly wider than hip width to permit free movement of the plates suspended from the hip belt.
- Use combined arm and hip action to lift weights from floor.

The Exercise
- Lower weights by bending ankles, knees, and hips until tops of thighs are parallel to the floor.
- Extend arms in front of body for balance.
- Keep the feet flat on the blocks.
- Your balance should be over the middle of the feet.
- Track the knees over the feet.
- Do not bounce at the bottom.
- Descend in a controlled manner and repeat.
- Inhale while descending, exhale on the ascent.
- Detach the belt after the last descent.
- Carefully step off the blocks and return to the floor.

Muscles Used
Quadriiceps and gluteals.