

# FRONT SQUAT – PERFORMANCE

Performance:

- Learn the front squat shelf/rack position – **1. Grip 2. Scapula position**
- Learn scapulothoracic and thoracic extensor engagement – **1. Posterior tilt of scapula, 2. cranio-cervical flexion, 3. load distribution in thorax**

A circular logo with a black background and white text. The text 'M3' is centered within the circle. The circle is surrounded by a white border.

M<sup>3</sup>



# FRONT SQUAT – PRACTICAL



1. Shelf Position	2. Upper back engagement	3. Feet Placement
<ul style="list-style-type: none"><li>• Are your wrists comfortable?</li><li>• Are there 3 points of contact?</li><li>• Is your scapula posteriorly tilted under?</li></ul>	<ul style="list-style-type: none"><li>• Do you feel upper back engagement?</li></ul>	<ul style="list-style-type: none"><li>• Were you able to squat all the way down without tipping forward?</li></ul>

