

Goblet / Front Squats

Types (progression): This exercise can be done with a Kettlebell, Dumbbell(s), Cable, Band, or Barbell **Form:** See Details [here](#), but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine ([bracing](#)). Keep upper body upright. Keep head up.

With feet shoulder width apart hinge at hips backward keeping pressure through out feet (almost grip the floor with feet). Keep the elbows close to the rib cage and the back straight while lowering into a squat. Continue lowering until motion stops at the hips, do not go lower because spinal flexion will impose undue stresses on spine, then push both feet into the floor and to return back to the original standing position.

[SEE DETAILS ON HOW TO DO A GOBLET SQUAT. SEE FRONT SQUATS](#)



This one of my favorite lower body exercise because it works the entire body including the core. It is a very functional motion. I find myself often in daily life having to squat with items in the front of body either close or positioned away from by body. The core is worked heavily during this exercise since there is a considerable amount of torque on the spine. The Goblet Squat is a version of the Front Squat. A study found that the back squat resulted in significantly higher compressive forces and knee extensor moments than the front squat and the front squat was as effective as the back squat in terms of overall muscle recruitment with significantly less compressive forces and extensor moments. The authors suggest that front squats may be advantageous compared with back squats for individuals with knee problems such as meniscus tears and for long-term joint health ([study](#)). Other studies have found back squats have more lumbar shear forces compared to front squats. These studies point to why I typically have people looking for general fitness and function to perform the front, sumo, or goblet squat in their training versus the traditional back squat (bar placed on back). I also suggest the Hex Bar Deadlift to my clients versus the Back Squat as well. I am not saying that the Back Squat should not be done by some, but for most there are safer and more functional options as mentioned. Training Tips: According to NASM having to hold the weight at chest-height during goblet squats self-limits the load. This may reduce your risk of injury since you can't lift what you can't hold. This exercise is an intermediate to advanced exercise. As most exercises form must be perfect especially with this one. There should be no loss of lumbar curve throughout (avoid butt-wink aka lumbar flexion while squatting). Do not go to low where you lose spinal integrity.