

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU  
SHOULD NOT DO

# Do Not Do the Deep Overhead Squat



*I have worked with too many people to count who have been injured doing some of the Olympic Lifts and Questionable CrossFit exercises that I advise against doing.*

Top 25 Crossfit Exercises from [BoxRox.com](http://BoxRox.com)

# CrossFit

**ADVISE NOT TO DO** I DO NOT RECOMMEND THIS EXERCISE IN MANY CASES. WHEN I DO IT IS WITH NO WEIGHT IN HANDS OR JUST LIGHT DUMBBELLS. YOU MUST MAINTAIN PROPER SPINAL MECHANICS THROUGHOUT WHICH IS EXTREMELY HARD TO DO. YOU ALSO NEED GREAT HIP AND SHOULDER MOBILITY AND STABILITY WHICH MANY PEOPLE DO NOT HAVE. YOU ALSO MUST HAVE GREAT CORE ABILITY. IF YOU LACK THIS ALL THE STRESS IS PLACED ON THE SPINE. IN ORDER TO EVEN ATTEMPT THIS EXERCISE YOU SHOULD PASS AND SCORE ADVANCED ON THE FUNCTIONAL TESTS. AS WELL AS THE MUSCULAR ABILITY TESTS. IF YOU DO ATTEMPT DO NOT GO DEEP INTO SQUAT AND USE DUMBBELLS WITH PALMS FACING IN.