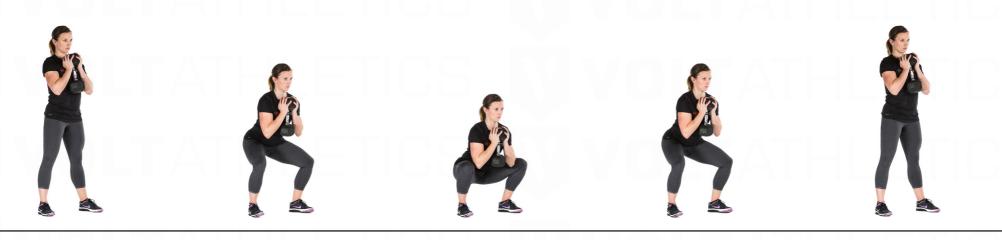


Back Squat Techinque Primer

Complete 1 round of this circuit before your workout to practice and solidify the separate movement components of the Barbell Back Squat.

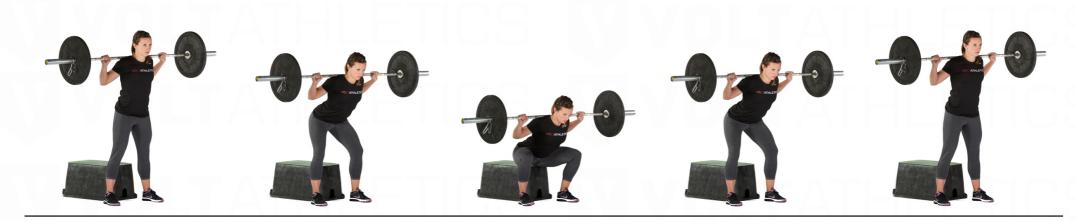
DB Iso Goblet Squat (5-sec hold) x 10 reps



Empty-Bar Back Squat x 10 reps



BB Box Squat x 10 reps



BB Tempo Back Squat (5 sec down) x 10 reps



This training program only contains recommendations. Actual exercises, volumes, and intensities are undertaken at the user's sole discretion and are performed at the user's own risk. Volt makes no express or implied warranties regarding the Volt program or content. Use of Volt's program and content is governed by the terms of use provided on Volt's website.