

# SMITH MACHINE SQUATS



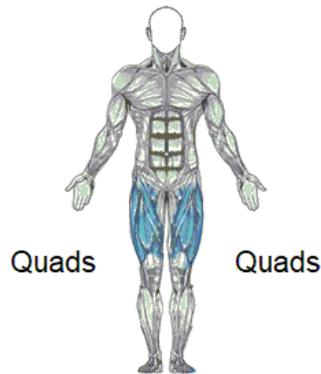
1. Stack a **SMITH Machine** bar then stand tall underneath it with the bar resting comfortably behind your neck, while holding the bar firm from both sides just a bit wider than your shoulders width. Place your feet at about hips width apart, with your heels slightly elevated by placing a small weight plate under each heel, and with your head facing forward. This will be your starting position.
2. Unhook the stacked bar from the machine by arching both your feet up a few inches then rotating the bar forward with your hands to unlock it.
3. While maintaining a straight & upright posture, begin to squat down by flexing your knees forward as you go down while keeping your quads muscles fully engaged, with the bar held stationary behind your neck.
4. After reaching a full squatting position, engage your quads muscles to bring your body all the way back up to a full-standing position.
5. Repeat this motion for the recommended amount of repetitions then hook the bar back to safety by rotating your hands backwards to lock the bar before moving away from the machine.

**CAUTION:** NEVER use a heavily stacked bar when performing this exercise to avoid getting any knees, quads, hips, lower back, shoulders and/or wrists injury. Make sure that the bar rests comfortably on your 'trapezius' muscles (fleshy area) and NOT pressed against your neck vertebrae to avoid injury. STOP immediately if you felt any sharp knee and/or lower back pain. Make sure to always maintain a straight & upright torso while performing this exercise to force your quads muscles to handle most of the work load without putting any negative pressure on your lower back. Be VERY careful when unlocking/locking the bar before and after use to avoid injury.

**ALTERNATIVE EXERCISES:** [Barbell Squats](#) / [Hack Squats](#) / [Seated Leg Press \(Quads\)](#) / [Leg Extensions](#)

# SMITH MACHINE SQUATS

## PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80** when performing this exercise.

---

## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20** when performing this exercise.

# SMITH MACHINE SQUATS



**# YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)