Smith Machine Squats

Select weight. The Smith bar in the picture weighs 10 pounds when unloaded. Place the bar on your upper back (not your neck). Stand with feet hip distance apart and knees straight but not locked. Lift your toes inside of your shoes to shift the weight back onto your heels.

Inhale and squat down as if you were sitting on a chair. Ideally, your thighs will be parallel to the floor and your knees will make a 90° angle. You should be able to lift your toes inside of your shoes throughout the motion. Do not let your knees move forward over your toes. Keep your chest up and look forward. Exhale and press through your heels to stand back up.