

Front Squat Mobility & Performance



Presented by the
Doctors of Physical Therapy of

evolv

PHYSICAL THERAPY & PERFORMANCE

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Welcome!

Thanks for joining us as we dive into Front Squat mobility and performance for the functional fitness athlete!

We're excited that you've decided to check out more about how you can improve your mobility and stay healthy, fit and thriving! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically be speaking to mobility as it relates to the Front Squat and drills to help you improve it.

We'll begin with a couple of ankle and hip mobility exercises, then move up the chain to a front rack mobility exercise and finally finish up with a mobility and control hybrid exercise to "own" the bottom position of your Front Squat.

This way, you'll understand where you need to focus your attention as it pertains to YOUR squat mobility and performance.

Enjoy!



Lateral Hip Band Opener

- Loop a band around an upright at hip height when kneeling.
- Step into the band and pull it up to your groin. Step out to get tension on the band.
- Kneel down on a pad and rotate your foot underneath you into a Figure 4/pigeon position.
- Rock your weight back toward your back foot and shift your weight to feel the desired stretch in the back of your hip, near your "back pocket" area.



- Hold this stretch for 1-2 min.
- Rock forward/backward or drop your body down to localize the stretch to the desired area of your hip as needed.

[CLICK HERE to watch the video](#)



Banded Ankle Mobilization in Dorsiflexion (DF)

- Loop a band around an upright near the ground.
- Wrap the other end of the band around the front of your ankle and step up onto a box. This will preposition your ankle into a dorsiflexed (bent) position.
- Place one hand on top of your knee and the other hand behind your knee, near the top of your calf.



- Drive your knee forward with extra pressure from both hands until your heel pops slightly off of the box.
 - As you drive your knee forward, keep it in line with your foot or slightly outside of your foot.
 - Complete this pumping motion for 2 min.

[CLICK HERE to watch the video](#)



PVC External Rotation (ER) in Front Rack Position

- Hold a PVC on one end, like a sword.
- Raise your elbow up, letting the other end of the PVC fall outside your upper arm.
- Use your free hand to apply pressure into greater ER range of motion.
- Keep your elbow up and bring your hand back toward your shoulder to mimic the front rack position.



- Apply more force on the PVC for a greater stretch, using small pulses to be able to tolerate more time near end range.
 - Hold this stretch for 1-2 min, continuing with the small pulses throughout that time. Complete 2 sets on each side.

[CLICK HERE to watch the video](#)



Band Assisted Thoracic Extension Squats

- Place a band around a rig and slide your body into the band. The band should be between the bottom of your ribs and the tops of your shoulders.
- Sit down into the bottom of your squat position. While there, bring your arms up into your front rack position. To work on your thoracic mobility, exaggerate this position by pushing your elbows up even higher.



- Complete 2 sets of 10-20 front rack pulses.
- This exercise can also be used to improve your overhead squat by adding in single or double arm movements.

[CLICK HERE to watch the video](#)



Front Squat Performance

- Take 10 min to build and find a weight you can use as a "Heavy Single".
- After finding your "Heavy Single", rest 3 min.
- Perform drop sets at 80% of your "Heavy Single"
 - 3 sets with 1-2 Reps In Reserve (RIR)
 - Use the same weight for these 3 sets.
 - Rest as needed between sets.
 - Intensity may increase and reps may therefore decrease.
- While performing these sets, focus on quality movement throughout the whole squat. This will allow you to build to heavier loads at greater depth in the future.



Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - Evolv Physical Therapy & Performance Clinic - Grafton
Dr. Matt Paluchniak (262) 235-3585 matt@evolv-pt.com
 - BrewCity CrossFit - Milwaukee
Dr. Erik Gregersen (314) 283-4459 erik@evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

