



# Exercise of the Month

## Landmine Squat and Press + Benefits

**Purpose:** Increase upper/lower body and core strength; Increase power production

**Target Muscles:** shoulders, triceps, chest, upper back, core, glutes, hamstrings, quads, and calves.

**Equipment Needed:** landmine/barbell or corner/barbell

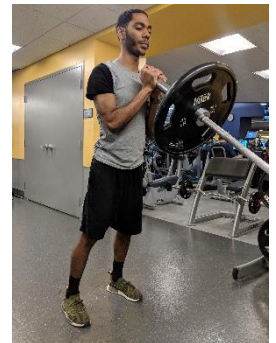
**Start:** Begin by placing one end of the barbell in a corner on the floor. Next, facing the corner with the barbell between your feet, grasp the end with both hands and bring it to chest level.

### Movement:

1. Be sure to brace or tense your core muscles before initiating movement to maintain spinal integrity. Shoulders should be set down and back.
2. With the bar at chest level, squat and descend to the floor. Keep your spine and neck neutral. Lower yourself until your thighs are parallel to the ground.
3. Next, begin to ascend. Simultaneously extend your arms to press the barbell off your chest. At the top of your squat, raise your heels off the ground. Avoid any arching of the back on the press by squeezing the core muscles to maintain form.

**Benefits:** This is an intense compound movement. You are able to engage multiple muscle groups with one move.

**Tips for those with diabetes:** Check your blood sugar before and after exercise until you are aware of how your body responds to exercise: whether a Type 1 or Type 2 diabetic, ensure your blood sugar is less than 250 mg/dl before exercising.



[Click here](#) for video demo!



From Corporate Fitness Works Team Leader, Alexander Halsey