



Squat Rack



Squat racks are a great piece of equipment to use. This machine can be used to target multiple different muscle groups. The squat machine targets your lower body muscles, including: quads, hamstrings, glutes and calves. You can even use it to work your shoulders, back and biceps.



Image Source: Fringesports.com



Workouts

- Deadlifts
- Romanian Deadlifts
- Back Squat
- Front Squat
- Sumo Squat
- Lunges
- Calf Raises
- Overhead Press
- Bent Over Row
- Power Cleans



Squat racks can be used for both beginners and those who have been working out for a long time. It is a simple machine that has many uses.

There are alternative ways to complete these workouts other than a squat rack. You can use different machine, barbells and dumbbells to complete most of these workouts. The only limitation to this rack is you must know how to properly use it in order prevent injuries.

Image Sources: Bodybuilding.com