FM COACHING / FITNESS GUIDES

Your sumo squat checklist

Stable stance. Controlled repetitions. Measurable progress.

01 CHECK YOUR SETUP

- ☐ **Stance:** A little wider than usual; toes comfortably turned out.
- ☐ **Feet:** Heel and both forefoot bases stay connected to the floor.
- ☐ **Trunk:** Brace gently; avoid exaggerated arching or leaning back.
- ☐ **Movement:** Hips and knees bend together; use a comfortable depth.
- ☐ **Load:** Keep the weight secure; floor contact is not a depth target.
- ☐ **Effort:** Finish with a few good repetitions still available.

02 RECORD A REPEATABLE SESSION

Date: _____ Exercise / implement: _____

Stance / depth notes: _____

Set	Load (kg)	Repetitions	Reps left	Comfort / control
1				
2				
3				

03 CHOOSE YOUR NEXT STEP

Keep the same load until all planned sets reach your target repetitions with consistent technique and a few good reps left. Then try the smallest practical load increase. If control changes, reduce the load or adjust the exercise.

Next session: _____

Stop if a movement causes sharp or persistent pain.

Seek individual advice for ongoing symptoms, injury or relevant medical limits.

Full technique guide and research:
https://fmonlinecoaching.com/guides/sumo-squats/