

Goblet Squat

LOWER BODY / ONE DUMBBELL

A two-leg compound exercise with a dumbbell held in front of the chest. Bend and extend the hips and knees while supporting the front load and practising the squat pattern.

PRIMARY MUSCLES

Quadriceps and gluteus maximus

ASSISTING MUSCLES

Adductors and hamstrings

STABILIZING / HOLDING

Core and hip stabilizers; upper back and forearms

The movement



1

Set your position

Cup the underside of the top dumbbell head with both hands. Hold it upright at your chest.



2

Lower with control

Keep the whole foot down. Let the knees follow the toes as the hips move down.



3

Push the floor away

Extend the hips and knees to stand, keeping the dumbbell close to your chest.

Check every repetition

Keep the load close, the whole foot grounded and the spine neutral. Choose a depth you can control for your build and mobility; the illustration is not a required depth.

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Setup and technique

Set up

- 1 Stand about hip- to shoulder-width apart, with toes turned slightly out. Find steady pressure through the whole of each foot.
- 2 Hold one fixed dumbbell vertically. Cup the underside of its upper head with both hands, close to your chest, with elbows pointing down.
- 3 Brace your abdomen. Start with a load that lets you keep your posture and a secure grip throughout.

Perform the movement

Lower	Inhale and brace. Bend the hips and knees, keeping the chest lifted as your hips travel down between your legs.
Change direction	Use a depth that keeps your heels down and your spine neutral. Keep your knees moving in the direction of your toes.
Stand	Press through the whole foot and exhale as you rise. Stand tall without leaning back or arching the low back, then repeat.

Common errors and useful corrections

Knees collapse inward	Guide them with the toes; reduce load or depth if needed.
Heels lift or low back rounds	Use a depth that preserves full foot contact and posture.
Chest drops or weight drifts	Re-brace and hold the dumbbell close to the chest.
Bouncing out of the bottom	Use a load you can control during the lowering phase.

Stop a movement that causes pain and reassess the load or range of motion.

Instruction sources and demonstration video

Movement and muscle guidance is synthesized from the sources below. The model images are AI-generated instructional stills.

NASM: Exercise guide

<https://www.nasm.org/resource-center/exercise-library/goblet-squat>

NASM: Coaching guide

<https://www.nasm.org/resource-center/blog/training/how-to-perform-goblet-squats>

ScottHermanFitness: Video demonstration

<https://www.youtube.com/watch?v=MeliIdhvXT4>

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