



Overhead Squat Solutions Table • CPT/PES | www.nasm.org | 800.460.6276

View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Anterior	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicep Femoris (short head)	Med. Gastrocnemius Med. Hamstring Gracilis Sartorius Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicep Femoris (short head) Tensor Fascia Latae Vastus Lateralis	Gluteus Medius/Maximus Vastus Medialis Oblique (VMO)	Adductor Stretch Hamstring Stretch TFL Stretch	Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction
Lateral	L-P-H-C	Excessive Forward Lean	Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique)	Anterior Tibialis Gluteus Maximus Erector Spinae	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
		Low Back Arches	Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
	Upper Body	Arms Fall Forward	Latissimus Dorsi Pectoralis Major/ Minor Teres Major	Mid/Lower Trapezius Rhomboids Rotator Cuff	Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapula Sternocleidomastoid Upper Trapezius	Deep Cervical Flexors	Levator Scapula Stretch Sternocleidomastoid Stretch Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder Elevation (pushing/pulling assessment)	Upper Trapezius Sternocleidomastoid Levator Scapulae	Mid/lower Trapezius	Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra