

HEELCURVE HOCKEY

HEEL LIFTED GOBLET SQUAT

EXERCISE MECHANICS

WHAT IT IS

A squat variation that places more emphasis on the quads while improving ankle mobility, upright posture, and core stability.



KEY POINTS

- Keep your heels elevated throughout the entire rep.
- Keep your chest up and core tight.
- Allow your knee to track over your toes.
- Drive through your heel and midfoot.
- Use a weight that allows you to move with control and good form.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core

TRAINING TIPS

- Use a heel elevation to improve ankle mobility and increase quad activation.
- Use a weight that challenges you while maintaining perfect form.
- Great for building lower body strength and unilateral stability.
- Include in lower body days or as part of your off-ice injury prevention routine.