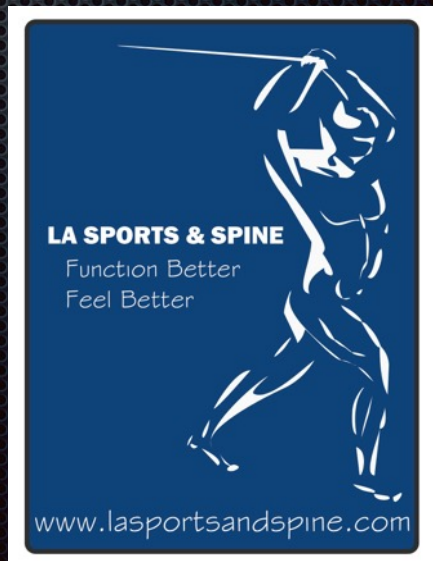


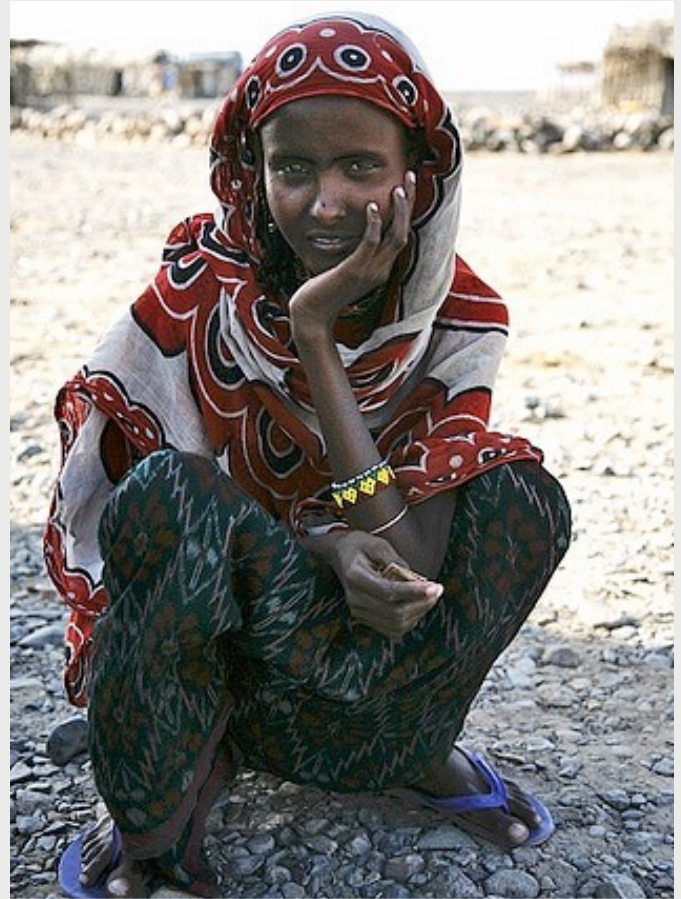


VI) SQUAT



LOAD SHARING







Athletic Posture



Developmental Kinesiology



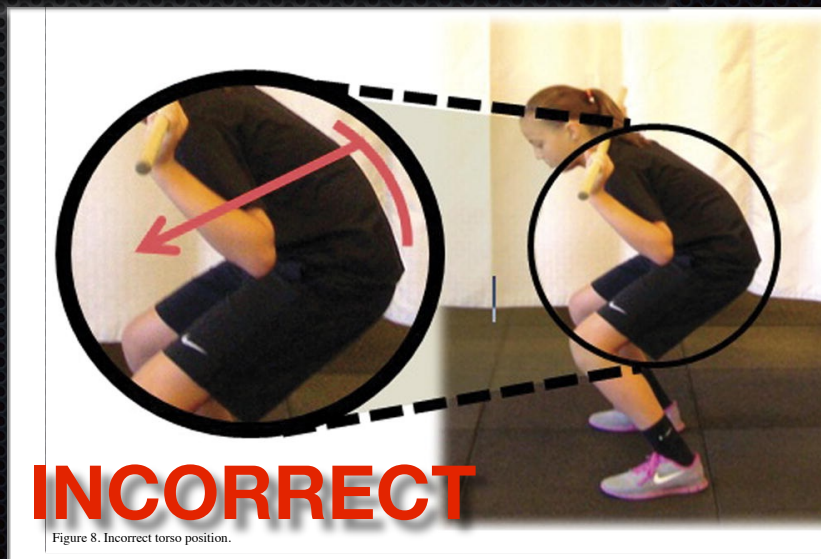
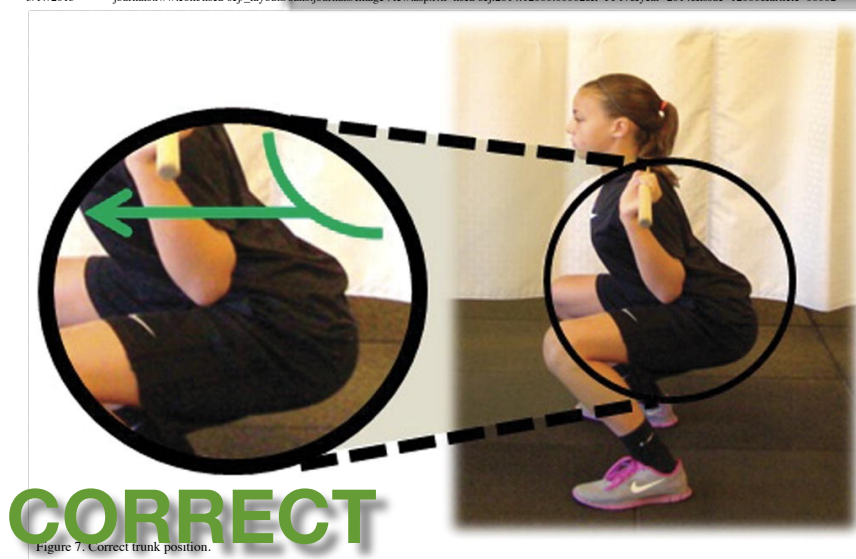
1. Squat/Hip Hinge – p645



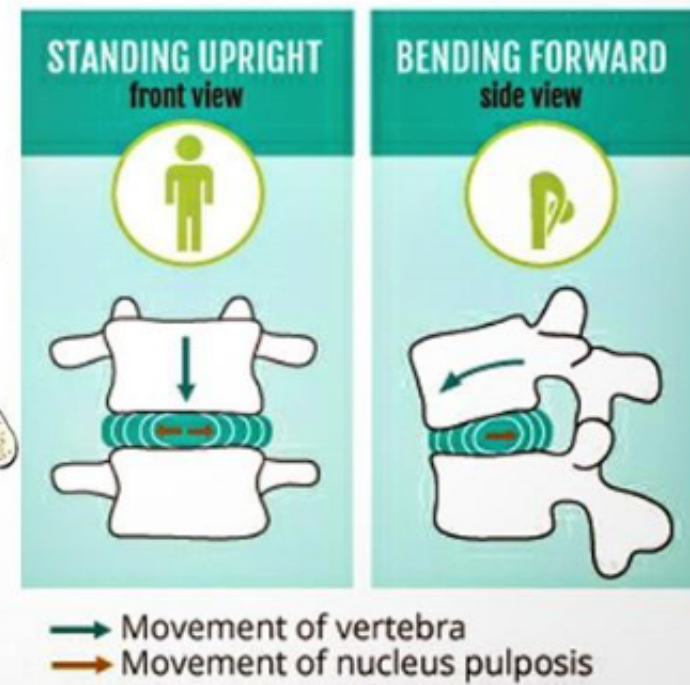
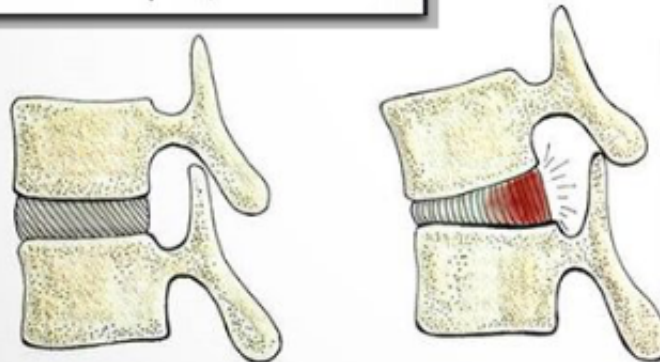
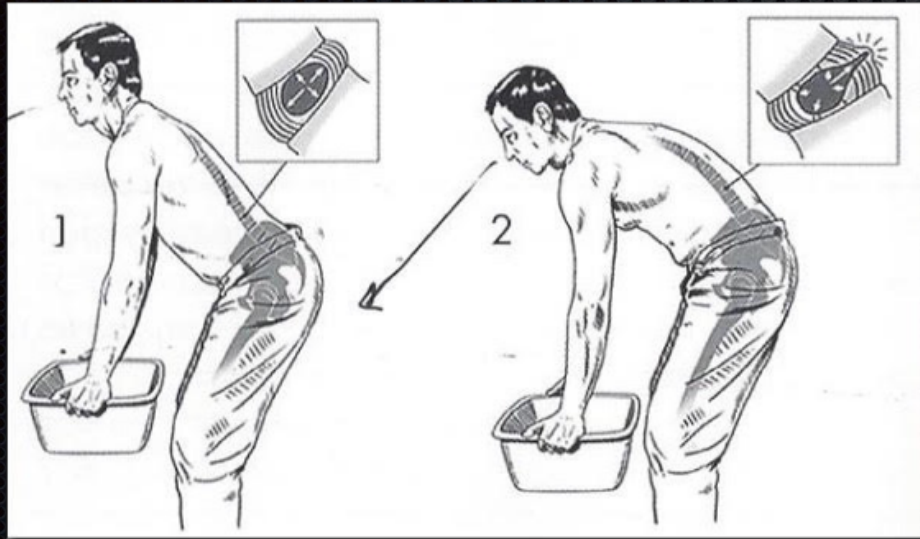
The Back Squat: A Proposed Assessment of Functional Deficits and Technical Factors That Limit Performance

Gregory D. Myer, PhD, CSCS*D,^{1,2,3,4} Adam M. Kushner, BS, CSCS,¹ Jensen L. Brent, BS, CSCS,⁵
Brad J. Schoenfeld, PhD, CSCS, FNCSA,⁶ Jason Hugentobler, PT, DPT, CSCS,^{1,7}
Rhodri S. Lloyd, PhD, CSCS*D,⁸ Al Vermeil, MS, RSCC*E,^{9,10} Donald A. Chu, PhD, PT, ATC, CSCS, FNCSA,^{10,11,12}
Jason Harbin, MS,¹³ and Stuart M. McGill, PhD¹⁴

3/17/2015 journals.lww.com/nsca-sci/_layouts/oaks.journals/imageView.aspx?i=nsca-sci/2014/12000/00002&i=FF17&year=2014&issue=12000&article=00002



With enough cycles & sufficient load the disc will demyelinate





LAND A JUMP TO FIND YOUR IDEAL FOOT POSITION FOR SQUATS



Choosing Optimal Hip & Foot Width for the Squat p 156 Pr McGill (4th ed)



- Acetabular depth determines how deep one can squat
- Check for butt “wink”
- Mark angle where flexion 1st occurs
- Vary knee width to see where feet should be for ideal squat



BW SQUAT



OH SQUAT



BACK SQUAT



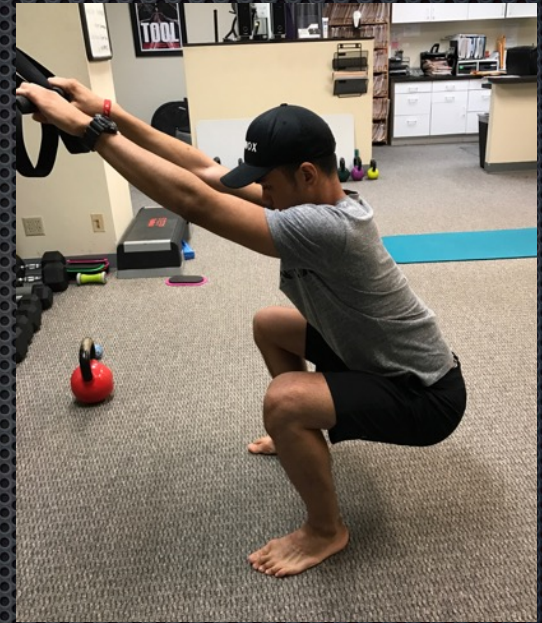
FRONT SQUAT



GOBLET SQUAT



TRX SQUAT



SUMO SQUAT



Tactical Frog



Squat Menu

1. Partner Squat
2. TRX - Squat (2/1)
3. Box Squat (2/1)
4. Goblet Squat
5. Sumo Squat
6. Supported Functional Reach
7. Skater Squat

1. Partner Squat





Full Squat



2. TRX - Assisted Squat



2/1 LEG SQUAT WITH TRX

3. BOX SQUATS

Manual Resistance

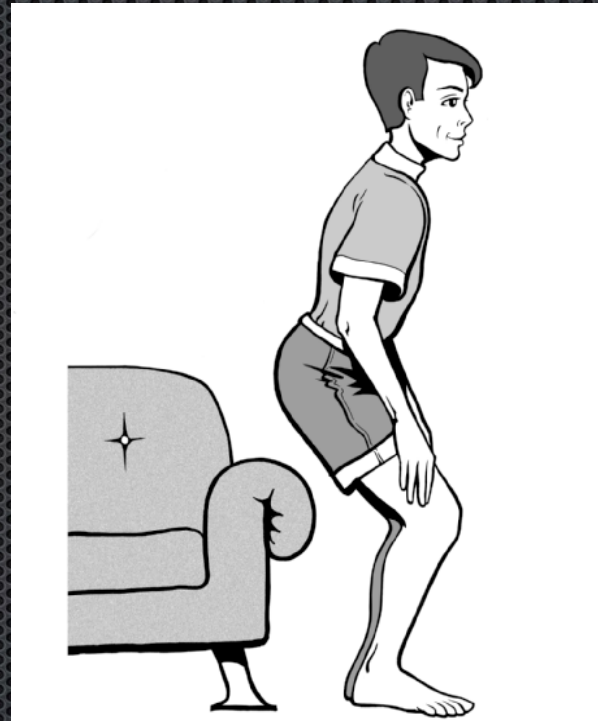


Band Facilitation



Regression

- Box Squat (arm rest)

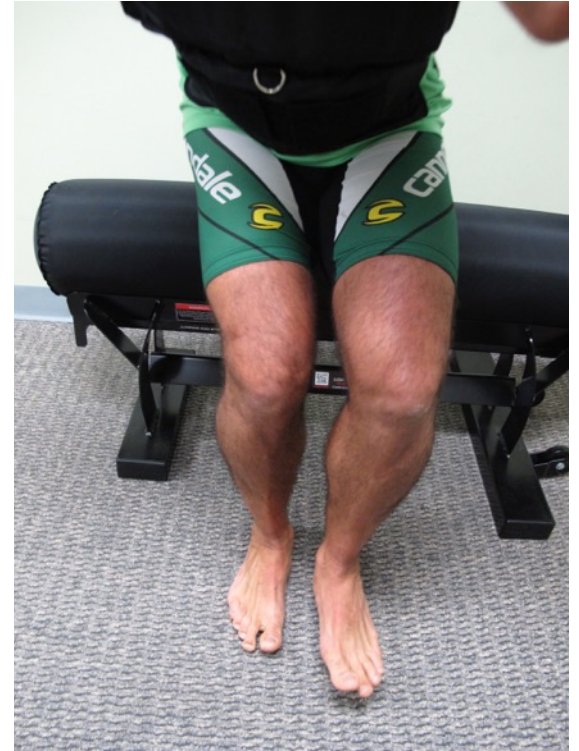




PROGRESSIONS

1 Leg Box Squat





1 LEG BOX SQUAT

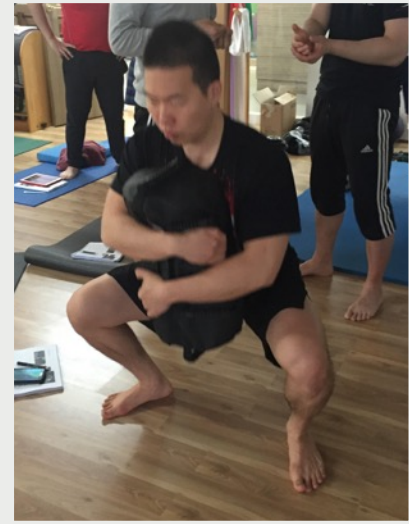
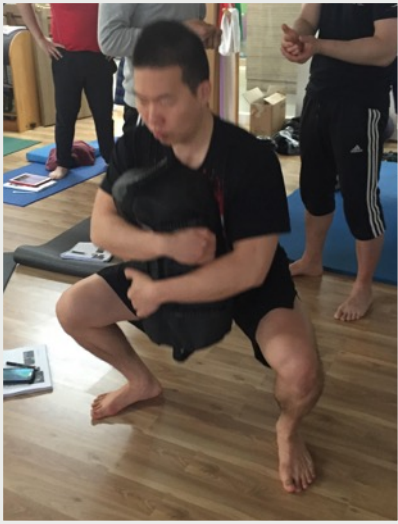
1 LEG BOX SQUAT



4. GOBLET SQUAT



Potatoe Sack or Goblet Squat



- Pull hard on Sand Bag to bring it in towards you to activate lat tension
- Tear it apart!

HEART BEATS





5. SUMO SQUATS

