

## 6 TIPS TO IMPROVE YOUR SQUAT

1

Approach the bar and mark your hands equidistant from the center of the bar. Dip your head and load in, ensuring the bar is sitting at the top of shoulders and not too high up on the spine. Walk out with one step each leg and as short of distance as possible to perform the squat.

2

Brace your core by breathing air into the abdomen and then pushing out to form an air bubble to support the spine. Feet should be approximately hip width apart, with toes turned out 10-30°.

3

Initiate the movement by breaking at the hips, not the knees. Knees should push out as you descend, reverse, and ascend.

4

Always keep knees in line with your toes to avoid unnecessary stress on knees and connective tissue. Aim to get low enough that your hips are slightly below parallel.

5

Come out of the squat by driving your upper back into the bar pushing the weight through your heels.

6

Keep your chest up and back slightly arched with shoulder blades together.

## WHY SQUAT?

1

The squat challenges your cardiovascular system to an extent unequaled by any other weight training exercise. The reason being the hypoxia effect, in which oxygen intake or use is temporarily inadequate. This breathless state is a tremendous metabolic stimulator. Squats will build an armor-clad heart and lungs, like a high performance engine.

2

Compound movements increase testosterone and growth hormone production and squats do the most of any resistance exercise. The body's natural release of testosterone and growth hormone is a catalyst for muscle growth.

3

Improved core strength, not just the abs. When you're holding weight and moving through multiple planes of motion, the body must work hard to remain stable and not fall over. This strengthens the core as a whole.

4

You'll Burn More Fat

The more muscle you have, the more calories you'll burn during the day. Since the squat strengthens multiple large muscle groups at once and requires a ton of energy to execute properly, you'll increase the number of calories you burn during a set of squats.