

A Closer Look at the *BOX SQUAT*

Why BFS considers this core lift a must in a total body program

BFS has been promoting the box squat as a core lift for over 30 years. It is one of the most effective exercises for developing overall strength and lower body explosiveness. However, during the first two decades after the BFS program was developed, we experienced our share of critics who

didn't see the value of the exercise and thought it was dangerous. Then the powerlifting community rediscovered the exercise, with champions at all levels and even world record holders making it a mainstay of their training programs. Its popularity has been recently spreading to the elite strength

coaches for all sports. Maybe, just maybe, this is an appropriate time to say, "We told you so!"

Before getting into the details of the box squat, we understand that there are coaches who simply refuse to even attempt this exercise. Fine. The BFS program is flexible, and for

The screenshot shows a web browser window displaying the Maxcast website. The browser's address bar shows the URL <http://www.maxcast.com/bfs>. The website header includes the Maxcast logo with the text "BETA video on command" and a navigation bar with links like "Stumble!", "I like it!", "Send to", "Channel:", "All", "Favorites", "Friends", and "Tools".

The main content area features a large video player titled "Box Squat Instructional Video". The video shows three people in a gym setting: a woman in a red shirt and black pants, a man in a black shirt and blue pants, and another man in a red shirt and black shorts. They are performing box squats. The video player has a progress bar and a timestamp of 03:20 / 02:19:46.

To the right of the video player is a sidebar titled "BFS". It contains a welcome message: "Welcome to BFS's Maxcast web Channel. Check back often for updates and specials. Set up your own channel. Call BFS at 800.628.9737 ex:603 to establish your account. [BFS Website](#)". Below this are several links with "mc" icons:

- [Squat Instructional Video](#): To order go to [BFS Website](#)
- [Plyo Instruction](#): To order video go to [BFS Website](#)
- [Lakewood Weightroom](#): BFS's Custom Design Team can create a vision of your new weightroom like this to share with boosters and coaches. Call me at 503.312.2138 and talk Max
- [Mahtomedi High School](#): Newly installed weightroom, summer 2007.
- [Coach Bartz, Edwardsville, MI](#)

Because it's difficult to understand correct box squat form from just a few photos, we have downloaded the complete box squat portion of our exercise DVD on our website using the Maxcast format as shown. It will remain there until the publication of our March/April 2008 issue.

whatever reason you simply refuse to use it in your program, there are alternatives. Use another core lift instead, such as the front squat. Or even the hip sled. But consider that this will be your loss, as the box squat is unparalleled for overcoming plateaus, building hip strength and hip tendon strength, improving lower body explosiveness, and developing the confidence to handle heavier weights and thereby continuously break personal records. Oh, and there's one more thing.

Although you use more weight than in a regular squat, the reduced range of motion of the box squat allows you to recover quickly from the exercise. Just how quickly? Based upon the feedback of the coaches who have won countless championships using the BFS program, you can even box squat heavy the day before an athletic competition without a decrease in performance. In fact, you will most likely perform better!

Regarding the critics who say the box squat is dangerous, you should have no concerns about safety or liability if you follow our recommendations, which include focusing on perfect technique (rather than on using the heaviest weights possible) and using three attentive spotters. Further, if an athlete is able to use more than 100 pounds in a box squat compared to a parallel squat, that athlete needs to use a lower box.

The accompanying photos, one of which is taken from our exercise instruction DVD, show the correct position for performing the box squat.

The photo on page 26 shows the proper position of the spotters when the barbell is removed from the squat racks – we recommend that the spotters have their hands on the bar during the entire exercise, includ-



The 3-in-1 Squat Box is perfect for box squats because it's heavy-duty and adjustable. It can also be used for straight-leg deadlifts and the sit-and-reach flexibility test. [Spotters are not shown but must be used in actual practice.]

ing when the barbell is removed and replaced on the squat racks.

The photo above, which doesn't have the spotters so you can see the athlete's lower body, demonstrates perfect box squat technique. One of the keys to getting the most out of the exercise is not to simply plop down on the box, a technique that only works the quadriceps and puts the lower back at a high risk of injury. Instead, squat down and carefully sit on the box. Keeping your lower back locked in, you slightly rock back and

then drive forward and up, rising on your toes. When performed correctly, you should experience the same feeling you do when blocking, tackling, rebounding, or releasing a track implement.

BFS has persisted in recommending the box squat as an important squat variation in our total workout program. It is one of the six BFS core lifts. We have done so not to be different from all the other workout systems out there, but because we know the box squat works! BFS

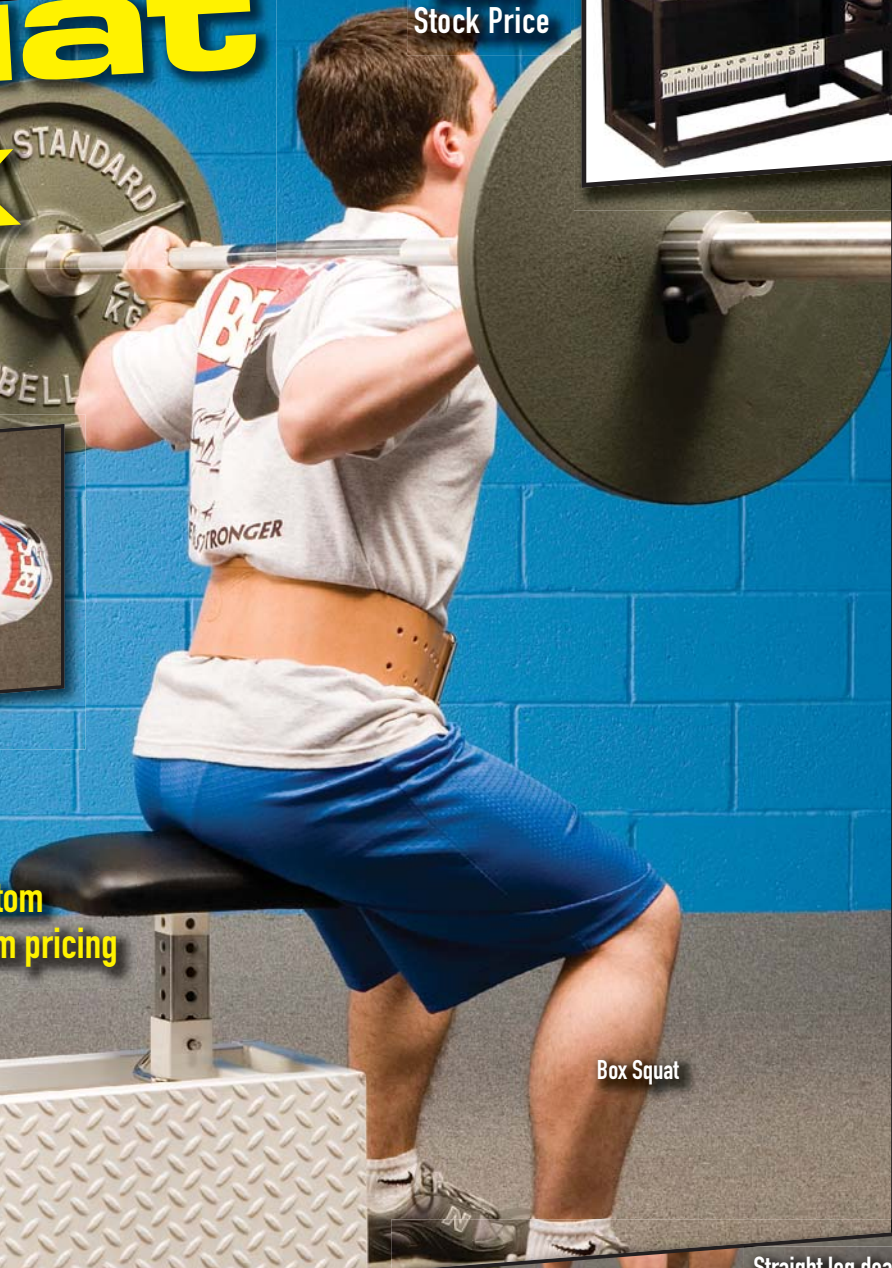
3-in-1 Squat Box

\$239

#400447
Stock Price



- Shown in custom
- Call for custom pricing



Bigger Faster Stronger
1-800-628-9737

Solid steel construction with non-slip diamond tread footplate

Fax (801) 975-1159 • biggerfasterstronger.com • 843 West 2400 South • SLC, UT 84119
info@bfsmail.com

Is your program ready for the **TOUGHEST RACKS** in the industry?

Ultimate Multi-Use Rack



From
\$1,999
Stock (Black Paint)
#400096
Call for custom pricing

Heavy-Duty Super Cage



From
\$1,269
Stock (Black Paint)
#400241
Call for custom pricing

8-Foot Power Rack



From
\$769
Stock (Black Paint)
#400041
Call for custom pricing
(Shown with optional
weight holders)

BIGGER FASTER STRONGER

BFS

*Dedicated To Helping
Athletes Succeed
Since 1976*

1-800-628-9737

Fax (801) 975-1159
843 West 2400 South
Salt Lake City, UT 84119
info@bfsmail.com
biggerfasterstronger.com