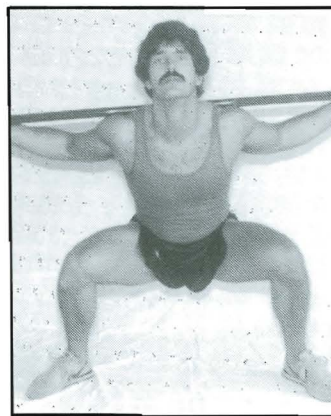


SQUAT CORRECTLY

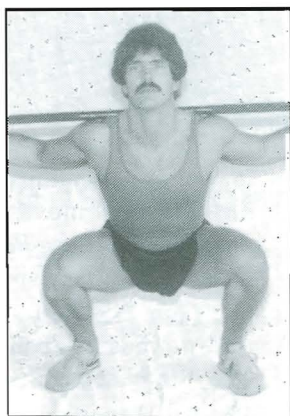
Part 5 in a Series
by Dr. Greg Shepard



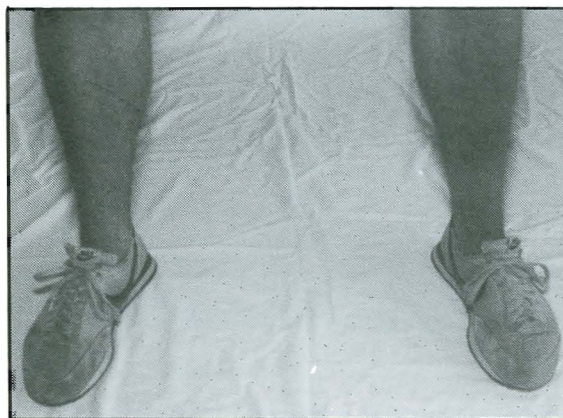
Body Builder's Narrow Stance.



Powerlifter's Wide Stance.



Athlete's Power Stance.



Proper Foot Placement

SQUAT CORRECTLY

This article will discuss taking the bar off the rack properly and a proper squatting stance. A coach needs to understand the big differences in stances and to understand the far greater value of the athlete's Power Stance in gaining winning results in sports like football, basketball or track.

First, I'll discuss the importance of taking the bar off the rack properly. The athlete should be directly under the bar in a proper athletic position. Next, firm pressure should be placed upward against the bar. Finally, with authority and a quick explosive movement, press directly upward. I like to make some noise as I expel air during this upward movement. This gets things going with confidence and makes the bar seem lighter. A big mistake made by beginners is not putting that firm pressure against the bar before explosively taking the bar from the rack. It is dangerous to jam the shoulders upward against the bar from a relaxed position. Bruising the shoulders and losing control are only minor results.

Body Builders generally use a narrow stance and go quite deep when squatting. Many times they will

use a board placed under the heels. Their main objective is to build and develop the quadriceps or the front part of the upper leg.

Many powerlifters will use a wide stance with the toes out to take a mechanical advantage for their frame, bone structure, leg length and/or tendon strength. Their main objective is to squat more.

The Athlete's Power Stance should be used by all other athletes. The width of this stance should be the same as used in their particular sport. (About shoulder width.) Obviously, the other stances would prove awkward to a linebacker. A coach wants development through the groove of the Athlete's Power Stance. The feet, for balance, should be allowed to point out very slightly. However, it is poor technique to have them at a 45° angle. The entire BFS squatting technique is shown on the new video cassette: "The Core Program."

The main objectives are improving speed, jumping ability, explosive power, size, and coordinating strength and power development from the hamstrings through the quadriceps to the hips. However, the most important objective is to *win* in the athlete's particular sport.