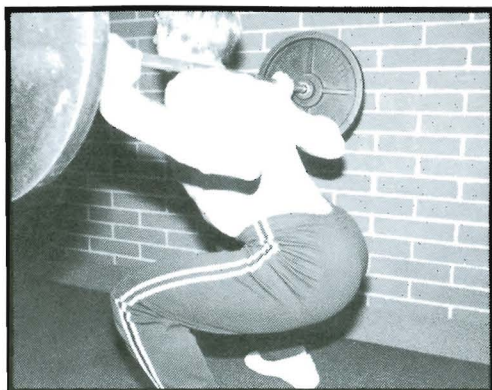
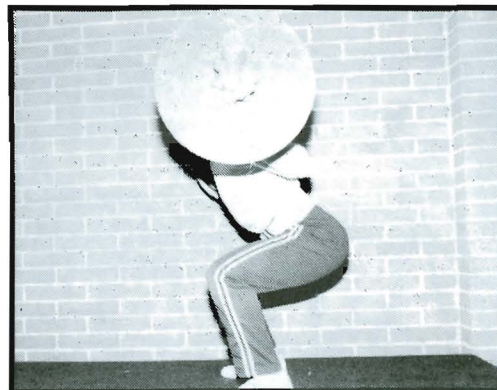


SQUAT CORRECTLY

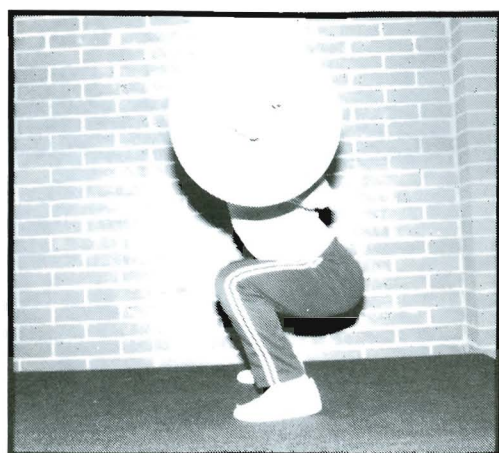
Part 7 in a Series
by
Dr. Greg Shepard



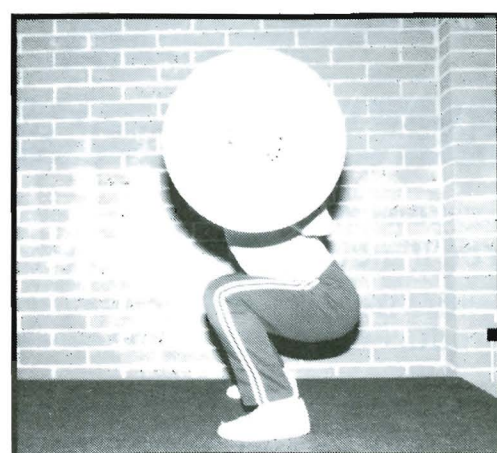
Lock Lower Back in Tightly!



This Squat is too High!



Thighs at Perfect Depth!



Starting to Get too Low!

SQUAT CORRECTLY

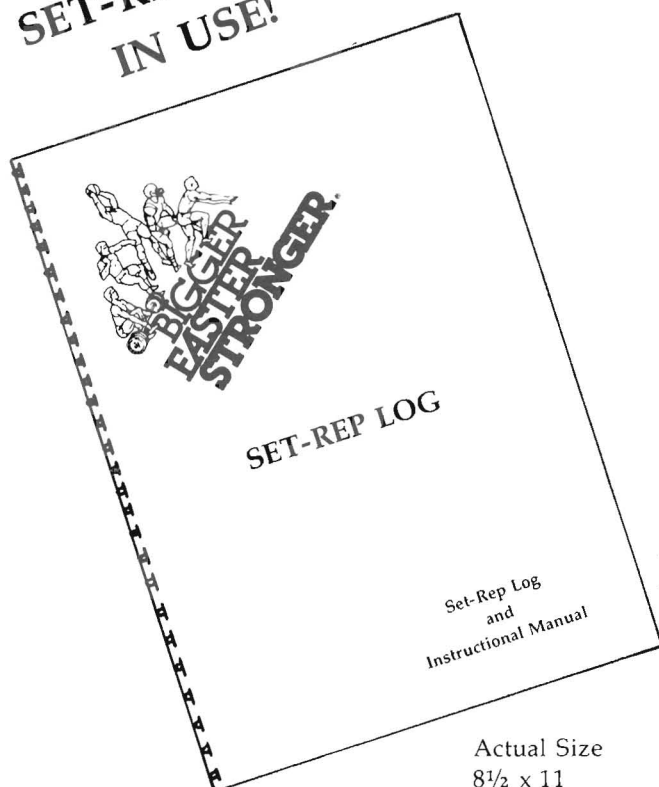
Part seven in our series on squatting correctly we'll discuss the downward movement of the squat and judging the proper depth. As the downward movement is started great concentration must be made to "lock in" the lower back. Some lifters say "keep it tight." Specifically, this refers to keeping the lower back vertebrae in a strict concave position. This concave position should never change. It must be kept absolutely locked in or tight.

This is done for two reasons. First, a lifter is much stronger in a locked in position. Secondly, a lifter is less susceptible to lower back injury. Coaches should really look for the lower back bowing out at the bottom position and constantly remind his athletes to keep the lower back "locked in" and "stay tight." This is something that spotters should constantly watch for during the lift. Spotters should be like another coach!

Proper depth is crucial to the success of any weight program. If athletes always squat high, they will never get the proper hamstring and buttock development. Consequently, an athlete can never MAKE a miracle happen. Increasing speed along with increasing bodyweight cannot dramatically improve without squatting to the proper depth.

Judges in an A.A.U. meet look at the top of the knee in relation to the line made between the top of the upper thigh and the waist. When that line is lower than the top of the knee, the lift is declared legal. The judge is looking for a slightly below parallel squat. Sometimes this can be difficult for athletes and coaches to judge. Therefore, you may want to judge an athlete's squat by watching the whole top of the thigh or the middle of the thigh. You may also want to decide that even parallel is a good lift. I also discourage looking at the bottom of the thigh or the hamstrings as some strength coaches do in their programs because in many athletes it will mean not going low enough for proper development. The difference can be as much as 2-3 inches. Again, spotters should take a very active role in judging and helping their teammate be successful. In March's issue we will discuss coming out of the bottom position and completing the upward movement. The entire BFS squatting technique is shown on our video cassette "The Core Program." (See page

**OVER 20,000
SET-REP LOGS
IN USE!**



Actual Size
8½ x 11

This brand new Set-Rep Log (formally Personal Record Journal) was created to help your athletes make super progress. Every athlete needs a Set-Rep Log to record their workouts and records. It's 8½ x 11, durable attractive and fully illustrated. Each Set-Rep Log contains workout schedules for one year! The Set-Rep System is highly complex yet it is presented in a straight-forward easy-to-understand manner.

Organizes Every Workout

Finally! A set-rep system which organizes every set and every rep for your athlete's career. Your athlete now has a specific objective and a specific challenge with every set, every rep and every workout. Absolutely no more worrying about how much weight to put on the bar ever again. Athletes thrive on the competitive nature of the BFS system.

The Ultimate Motivator

The BFS system has been tested thoroughly the last two years. Simply stated: Athletes break at least 8 personal records per week! Week after week; month after month; 400 per year!!

Breaking records is the ultimate motivational factor in building great confidence! The unique BFS system creates spectacular results! A motivated, confident team is a winner in the arena of competition.

REVOLUTIONARY SET-REP SYSTEM!

THE BFS GUARANTEE:

***Break 8 Personal Records
Per Week!***

Break 400 Per Year!

NEW! UPDATED!

EASIER TO UNDERSTAND!

EASIER TO RECORD!

No Plateaus

All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems like one set of 12-15 reps or 3 sets of 10 reps reach this point very quickly, but even complex cycle systems eventually reach a plateau. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep-Log.

Since each athlete in your program needs a Set-Rep-Log, the following discounts will help on larger orders.

COST:

One: \$4.00

2-9: \$3.00 Each

10-25: \$2.50 Each

Over 25: \$2.25 Each

***The New Edition is
Easier to Understand
Easier to Record Lifts***

Custom Set-Rep-Log Books with your school logo and school colors \$2.60 each (100 is the minimum order).