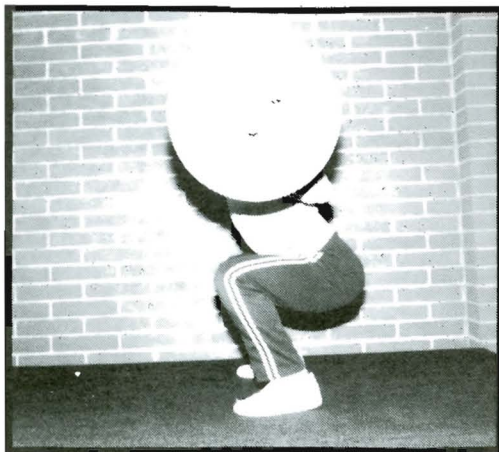


# SQUAT CORRECTLY

Part 8 in a Series  
by  
Dr. Greg Shepard

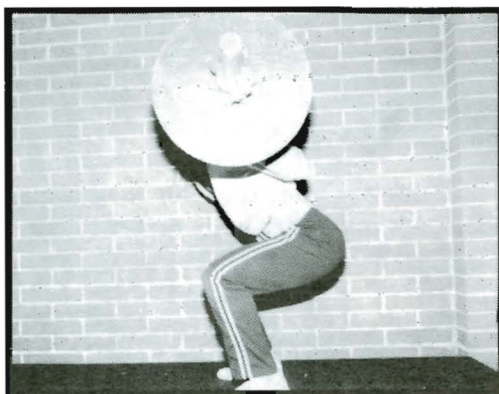
## The Upward Movement



Snap Buttocks up to begin upward movement



Always keep lower back locked in tightly.



At this point start trying to ram hips underneath the bar.

Part eight on our series on squatting correctly we'll discuss the upward movement of the squat. Great care must be taken to keep the lower back locked in tightly. The lower back is in its most vulnerable position when at the bottom and starting up. The lower vertebrae must be kept in a strict concave position.

I like to think in my mind "bouncing," "springing," or "rebounding" out of the bottom position. The lifter should dip down to the proper depth for just an instant. Then, spring or bounce up fast with the butt muscles and hips. As a coach, I like to say the word "down" very slowly and drawn out and then shout the word "up" very quickly and sharply: "D-O-W-N--UP!"

When the lifter is half way up, there is a tendency for many lifters to lean forward with the lower back out. This tendency must be fought at every inch on the way up. Keep the back "locked in," "stay tight" and keep the "chest out."

At the halfway point, the lifter should try to force the hips through and under the bar. Sometimes, when I am spotting from behind, I will shove the lifter's hips forward with my knee. I yell "Hips-Hips" This is a cue for the lifter to jam his hips forward and underneath the bar. I also like to have the feeling of throwing my chest back at this point. All this must be done while keeping the eyes fixed on a single point as discussed in an earlier issue.

When the lifter passes through the sticking point, the air is expelled. When going for a max, this could sound like a roar. It is important to let the air out at exactly this point. If it is done too soon, the lifter would lose good position, balance and strength. If the breath is held on an all out effort throughout the entire lift, the lifter could pass out or get dizzy. This is *not* dangerous. The dizziness or blackout last for only several seconds and it is a natural body protective phenomenon. After several minutes, the lifter can resume his workout. However, most people breathe correctly naturally and in the vast majority of cases breathing incorrectly presents no problems. In May's issue we will discuss important spotting techniques. The entire BFS squatting technique is shown on our video cassette "The Core Program" (See page 29).

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