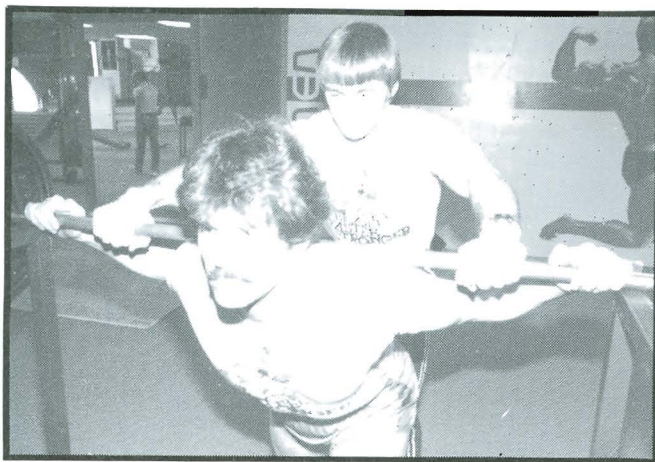


SQUAT CORRECTLY

Part 9 in a Series by
Dr. Greg Shepard



3 Spotters Should
Always be Used



Back Spotter Should Put Both
Hands Firmly on the Bar



Side Spotter Should Assist the Lifter
in Getting Back to the Rack

SPOTTING TECHNIQUE

Correct spotting techniques are critical to squatting correctly. A coach has the responsibility of teaching spotting correctly and demanding strict adherence to these spotting techniques. Three spotters should be used to insure success in squatting correctly. A back spotter and two side spotters are used as pictured at left. The functions of the three spotters are threefold. First, the spotters should correct technique problems. Second, they should act as judges on proper depth and thirdly, they act as spotters.

The Back Spotter

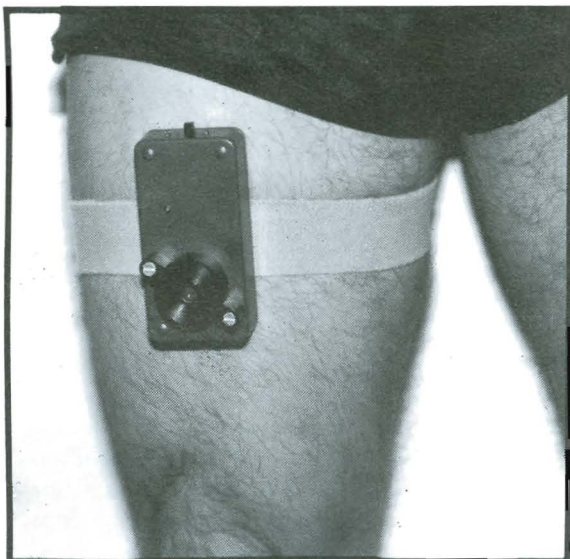
The back spotter should place his hands firmly on the bar at all times. This includes from the moment the lifter gets under the bar to back out to when he puts the bar back on the rack after squatting. The hands are placed on the bar for two reasons. First, it is very easy to correct technique especially when a lifter leans forward. The back spotter then just pulls back slightly but firmly and that poor position is corrected. Also, the back spotter should be talking and encouraging the lifter through the lift and set. Sometimes powerlifters will spot from behind with their arms going under the lifter's armpits to his chest. I don't like this as well because of the control I have with the bar on controlling technique with my hands on the bar.

The Side Spotters

The side spotters should be in a squat position on the sides with their hands underneath the bar. If something happens it usually happens quick and they need to be ready. You cannot spot on the sides with the arms crossed in a standing position. The side spotters also should "yell" something on **each rep** of every heavy set. Here are some suggestions: "One inch high, a little lower, perfect!, looking good, stay tight, head up, fight it, be fierce, one more rep, too low, chest out, etc." After the set is completed, the side spotter will grasp the bar and assist the lifter back to the rack. I tell the side spotters to put their nose on the rack. This is important because if they remain on the side, they just can't see the rack.

A new device advertised on the opposite page can assist in judging. The Safety Squat device makes judging consistent and fair with no arguments. I feel it can be a great training aid. In September's issue we will examine different kinds of squat racks and the pros and cons of each kind. The entire BFS squatting technique is shown on our video cassette, "The Core Program" (see page 26).

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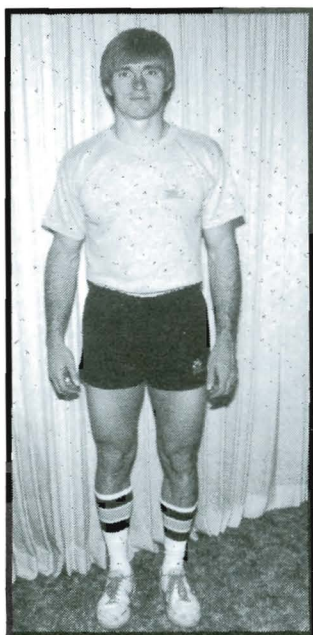
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