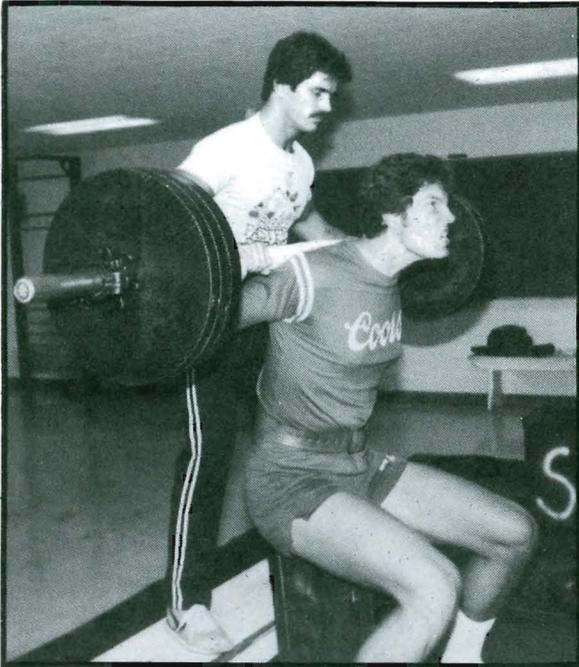


THE BOX SQUAT

by
Dr. Greg Shepard



Coach Rick Anderson with N.B.A. Block Shot Champion 7-4 Mark Eaton. Sit down under control and then drive forward and up.

THE BOX SQUAT

The Box Squat is one of the six BFS Core lifts. For the development of hip strength, hip explosive power and hip tendon strength, the box squat is superior to any other lift or machine. When we get a chance to demonstrate the box squat at clinics, we always get the same reaction from coaches. They really like this lift! Why? Because it makes sense, as it duplicates the exact hip movement used in the power sports (football, volleyball, basketball, baseball, etc.). We hear time and time again after our demonstration, Coaches saying "That's what I want! That's what I want!"

Yet, we find most strength coaches at our colleges and universities do not do the box squat. The major reason is simply not knowing about it. We have also heard people say it is dangerous as it will compress or jam the lower vertebrae. We get negative comments on the Box Squat from machine people. One such person voiced his vigorous opposition to other coaches at a recent clinic. He started out ten years ago as a welder of machines and by his own admission has had no lifting or coaching experience. However, since he now sells the machines, he is now an "expert."

I came across the box squat fifteen years ago while training in Los Angeles with the world's greatest powerlifters and track athletes (shot putters, discus

and hammer throwers). Los Angeles at this time was the mecca for amateur power athletes. I'd coach football, wrestling and then train in L.A. with men like George Frenn and Jon Cole.

George taught me how to Box Squat. For those who don't know about George, he squatted 853 in competition and won the national hammer throw championship three years in a row. That 853 squat was the best of anybody in the world for years even though George only weighed 242 pounds. Frenn would box squat once a week and squat once a week. Doing regular squats twice a week was far too draining on the system and George couldn't throw as well in meets or practice. The Box Squat left him with energy for the next day.

I used this system with great success for not only myself but for my athletes for the next 4-5 years. Then the sport of powerlifting became much more specialized. The national and world champions only powerlifted. As a result, the powerlifters did not Box Squat. They convinced me to do away with the Box Squat and do regular squats twice a week. After all you don't Box Squat in competition. Right?

After squatting the powerlifting way for another 4-5 years, I found out that I'd made a serious mistake. Old George was right! Box Squats once a week were definitely the way to go. You see, powerlifters who squat on Monday don't do anything on Tuesday. However, an athlete needs to run, work on agility and develop the technique of his sport. This takes a great deal of time and energy. The Box Squat allows an athlete to perform a squatting exercise twice a week while still having the time and energy to develop athletic abilities. I had dinner this summer with Dr. Fred Hatfield, called by many, Dr. Squat. He is super in the sport of powerlifting but this story will amaze coaches. Fred was reluctant to walk three blocks to the restaurant. He had a major competition in two weeks and this would tire him. This obviously is an intolerable situation for an athlete training for another sport. However, it does illustrate the big differences which now exist between powerlifting and power weight training for an athlete.

Briefly, the Box Squat technique is as follows. First assume an athletic stance and squat down carefully under control on a box or a high bench. Take care not to plop down out of control as this could cause injury. Then settle back making sure the lower back remains concave in a "locked-in" position. Your power should be driven forward and up by using your powerful hip and butt muscles and tendons. If you go down and just touch the box or bench, like most people, then all you develop are the quadriceps. This would be a serious mistake for an athlete. The final coaching

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point of technique is as the lift is being completed, the athlete should drive up on his toes in an explosive type action. The athlete should have the same feeling of blocking, tackling, rebounding or releasing a track implement at this final stage.

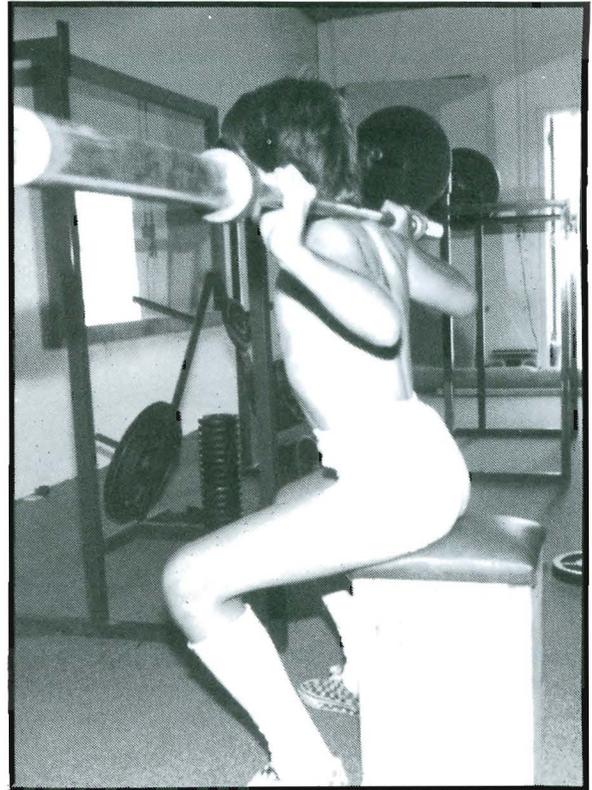
Here are four major reasons we recommend the Box Squat as one of our six BFS core lifts.

- I. Develops hip and hip tendon strength.
- II. The athlete gets used to a heavier weight and this increases confidence on the regular squats.
- III. Recuperation is almost immediate and thus allows for 100% energy for practice or games even on the following day!
- IV. Alternating regular and Box Squat workouts during the week helps an athlete overcome plateaus more easily.

This will in all probability allow the athlete to squat more in the long run anyway than by doing only regular squats all the time.

The height of a medium Squat Box for athletes 5-8 to 6-1 is 19½ inches. It is absolutely critical the Squat Box be made correctly. We therefore recommend very strongly that coaches purchase at least one Box from us before making them on your own. (See page 36.)

The complete Box Squat Technique is shown on video cassette with our Core Program or BFS Readiness Program Tape. (See page 8.)



A 13 year old on the BFS Readiness Program doing Box Squats. The lower back must be kept in a concave position as shown. Keep chest out with an athletic stance.

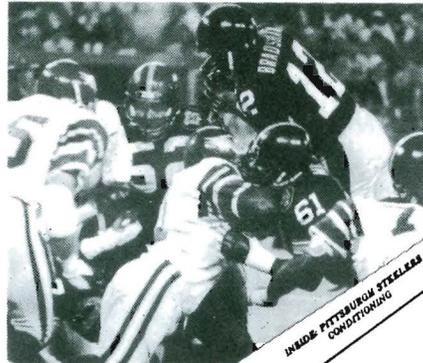
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