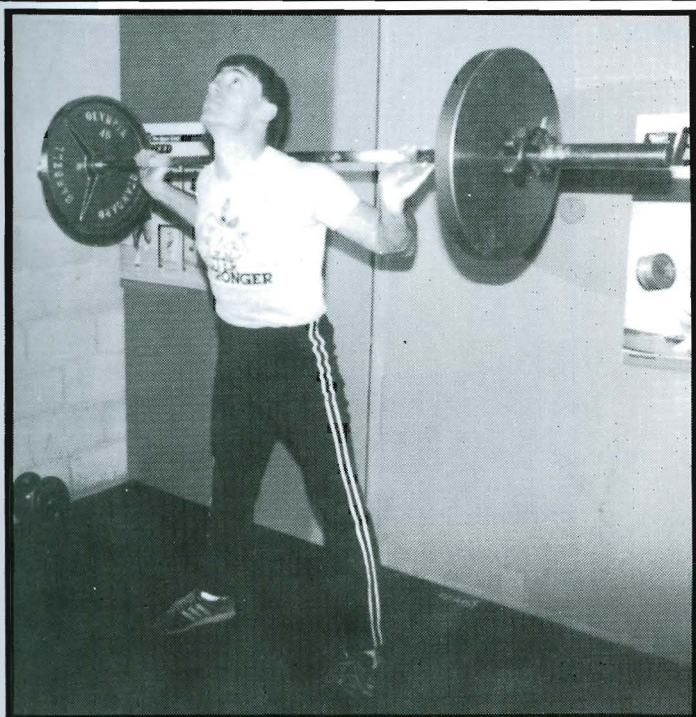
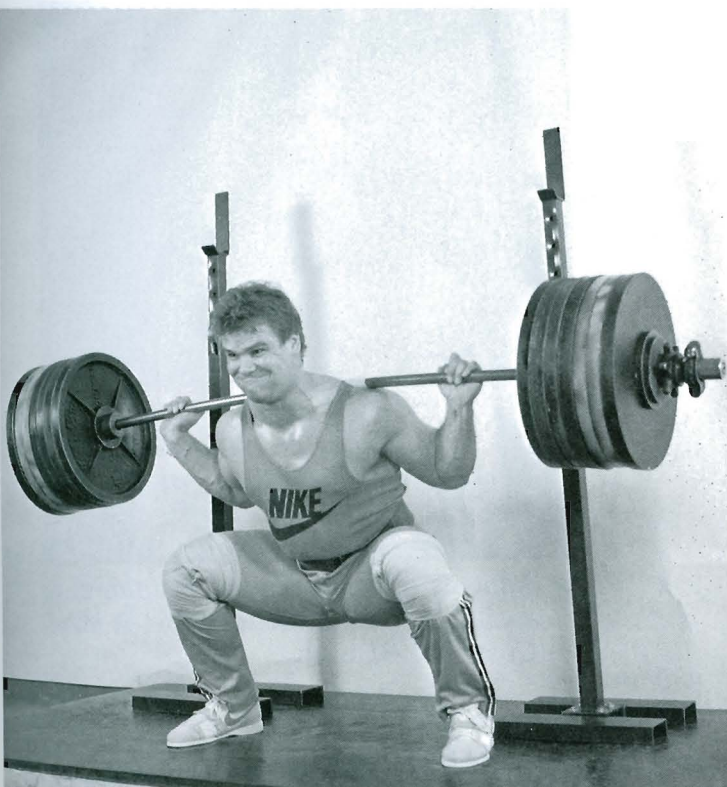


SQUAT CORRECTLY

Part Thirteen
In a Series by
Dr. Greg Shepard



DON'T LOOK UP!!



Stefan squatting 700 pounds and staring at his point straight ahead.

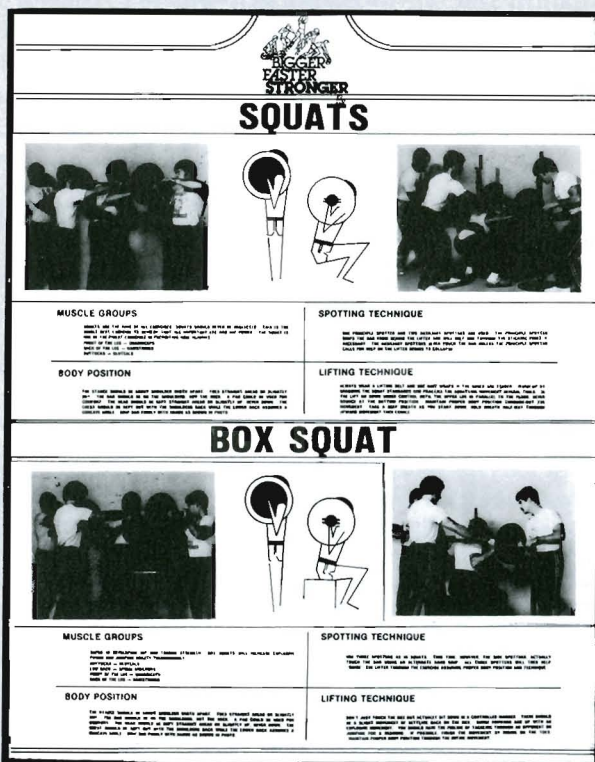
We get many photos for stories from major universities and fine high schools with athletes squatting with their eyes looking up at the ceiling. This is **NOT CORRECT**. Coaches state these instructions for one simple reason. They don't want any athlete to look down and cause a rounded-back-leaning-forward problem.

A far superior way of stating this coaching point is, "Look straight ahead-fix your eyes on a point straight ahead." This is superior for several reasons. First, it is far more comfortable. Second, it is safer as far as balance is concerned. Third, you can squat more. Fourth, an athlete runs, blocks, tackles, etc. with his eyes straight ahead. Duplicate this position when you squat. Obviously, it is dangerous to tackle a ball carrier with the head down. It is also dangerous to squat with the head down. However, it would be absurd to attempt a tackle while looking up at the sky. Therefore, when you say "Look up" just have that mean: "Look at a point straight ahead."

You should fix on that point in the upright position. Then, take a huge deep breath and stare intently at that point throughout the entire movement. Stare at it all the way down and all the way up. This is superior squatting technique.

For more complete information, you may rent or purchase our brand new video which fully illustrates the BFS squatting technique on the "Core Program" video. (See Page 8-9) OR you may get our Posters (Page 44) or our Upper Limit Posters (Page 61).

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Poster II — The Bench Press and the Towel Bench, Sections include: Muscle Groups, Body Position, Spotting Technique, and Lifting Technique.

Poster III — The Squat and the Box Squat, Sections include: Muscle Groups, Body Position, Spotting Technique and Lifting Technique.

Poster IV — The Dead Lift and the Clean, Sections include: Muscle Groups, Body Position, Spotting Technique and Lifting Technique.

Poster V — Auxiliary Lifts, Illustrations include: Hang Cleans, Straight Leg Dead Lifts, Dips, Leg Curls, Incline Press and Power Pulls. Sections also include Muscle Groups, Body Position and Lifting Technique.

Poster VI — Nutrition, Sections include: Do You Eat Right, Unique Nutritional Rating Chart and System for Athletes, Functions of 7 Important Minerals for Athletes, Functions of 9 Important Vitamins for Athletes and What to Look for in Proteins.

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Poster 5

PLYOMETRICS: Stefan demonstrates beginning and advanced plyometrics!

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1 THE START: Head level, eyes straight, hips down, arms locked, spread chest, lower back locked-in.

2 THE BEGINNING PULL: Head, eyes and arms the same. Begin lift with legs only. Maintain same back angle. Do not jerk weight off the platform.

3 MIDDLE PULL: Move hips in explosively under shoulders. Do not jerk shoulders and head back. Head, eyes and arms keep the same position.

4 ERECT POSITION: Head straight, eyes level, arms locked, shoulders over hips. Bar moves in a straight line. Do not jerk shoulders and head back.

5 FINAL PULL: Up on toes, fully extend your legs. Do not pull with arms or jerk shoulders back. Bar should continue in a vertical path.

6 THE FINISH: Stand erect, elbows up, bar resting on the deltoids and collar bone.

Stefan Fernholm: 6'-1½", 270 lbs., Squat: 820, Clean: 440, 40:4.3, VJ:40

For further information on books, videos and clinics, write — **Bigger, Faster, Stronger** 805 West 2400 South, Salt Lake City, UT 84119 or call Toll Free 1-800-628-9737

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