

# SQUAT CORRECTLY

Part Sixteen  
In A Series  
By Dr. Greg Shepard



Always use Three Spotters on the squat but what happens if you're alone or your spotters are lazy and you miss.



OPTION I: The safest situation is NOT to have a spotting tier but being free. Option I is to push the bar forward and over the head.



OPTION II: is to shove the bar back. It looks scary, but it's quite safe. Both options are instinctual.

## IF YOU MISS, WHAT DO YOU DO? SOME SITUATIONS ON SOME EQUIPMENT MEANS SERIOUS INJURY OR DEATH!!

I had to write this article. I believe it to be the first ever to deal with this subject. What do you do if you miss?

I believe 90% of coaches who run weight programs for their athletes have **never** squatted big. Most have never squatted. The vast majority of people making decisions on purchasing equipment make bad decisions when getting a squat rack. If you haven't had much experience, please, please read this carefully and if you have any questions call our Toll Free number or write.

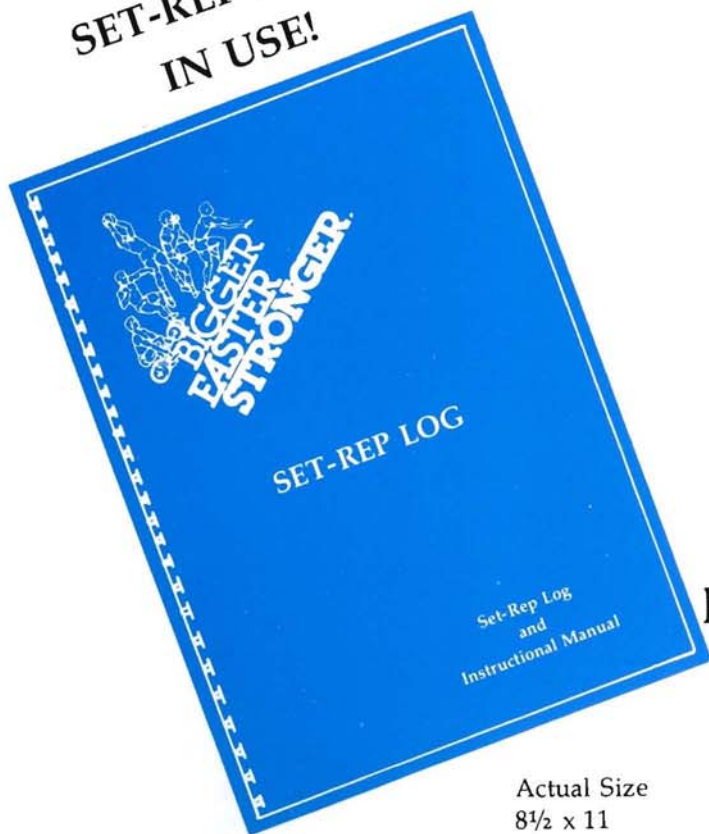
Why? Here's why. I know of two separate serious injury cases this year where a high school athlete missed a squat while squatting on a rack with a spotting tier. Look at our middle equipment section on page E to look at an example of a spotting tier. The Power Rack has a spotting bar also. You can also see a photo of me on the heavy duty squat racks. Read the description quote. It says that these are my favorite racks. They are safer if you miss. Very few people understood that the pegs on the deluxe rack make it easier for different height athletes to squat but the spotting tier doesn't make it safer.

The two serious injuries happened the same way. The kids couldn't make the lift and they took their hands off the bar and grabbed the spotting tier. The weight rolled forward and over their head landing on their fingers. The fingers were instantly severed and landed on the floor. One kid lost five and the other lost four fingers. Even if you keep your hands on the bar, fingers can be severely pinched. Besides, even if all goes well and the bar hits the spotting tier you'll most likely damage the bar.

If you miss while squatting free, the lifter is much safer. I know its difficult for a person to understand who hasn't squatted but it's a simple matter to throw the weight forward or back. The bar will also not be damaged. The biggest pain is getting the bar back on the rack. I can live with that. Administrators or purchasing people somehow imagine an athlete sitting in low squat position getting squashed if he can't make his squat. That's absurd.

Also, many people make squat equipment who have never squatted. The result: Death Traps. I went to one clinic this year and the school paid \$400.00 for their death trap. The manufacturer told the women physical education teachers and women's coaches that it was much safer than a regular squat. More about that in our next issue.

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## 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.

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