

SQUAT ACCESSORIES

By Dr. Greg Shepard

Each Squat station should be equipped with certain accessories or equipment to have success at the highest degree. This article will discuss in detail these Squat accessories:

CENTER KNURLING OLYMPIC BARS

Olympic bars with center knurling help keep the bar from slipping down the athlete's back. An athlete should place the bar on his shoulders while Squatting and if the bar has a slick chrome finish in the center it will often cause problems in slippage. However, keep in mind that center knurl bars are not good for the Power Clean. They will tear up the athlete's chest. Therefore, an Upper Limit program will select the best bar available for each core lift.

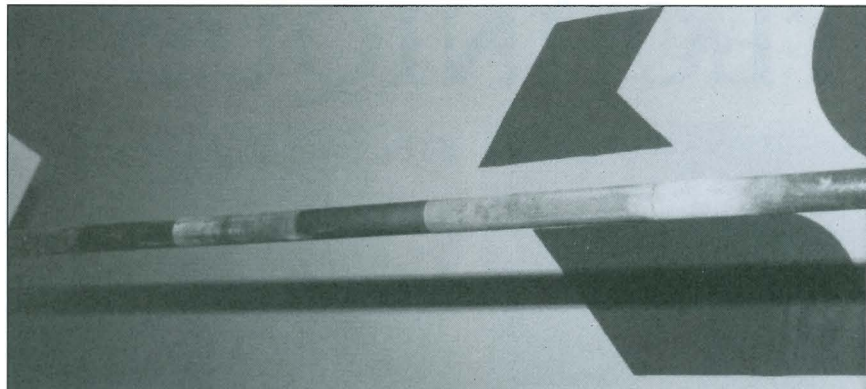
BARBELL PADS

Barbell pads are notorious for slipping down an athlete's back. I recommend to ween your athletes off them as soon as possible. Barbell pads are for athletes who don't have much muscular bulk to their shoulder and neck area. Usually, these are girls or kids under 130 pounds. I have had great success with these younger athletes at folding a towel up and just laying it across their shoulders. It won't slip this way. If you roll the towel around the bar, it will usually slip.

THE E-Z SQUAT

This is pictured on the next page by Tore Gustafson who's now ranked in the top three Hammer Throwers in the world. If an athlete has trouble Squatting in an upright position, doing Front Squats could help correct this technique problem. Also, the Front Squat is an excellent Squat Variation and I recommend an EZ-Squat for each station.

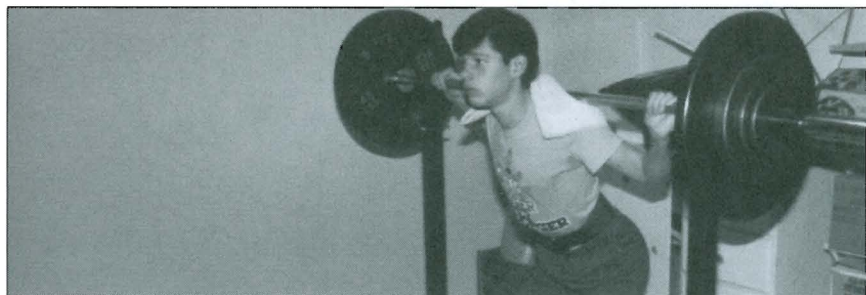
Now, here's a little reward to you for reading this article. Your subscriber discount for the EZ-Squat until 11-1-92 is a special price of \$79.00. Forget the \$89.00 on page 17. See! It pays to read!



Olympic Bar With Center Knurling



Barbell Pads Should Not Be Automatic



A Plain Towel Works Well

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PLYOMETRIC BOOKS

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The Complete Book on Plyometrics
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By

FRANK COSTELLO

COST: ONLY \$6.95

Coach Costello is the strength coach at the University of Maryland. He served as Head Track Coach at Maryland from 1974-79 and produced 27 All-Americans, including Renaldo Nehemiah. As a competitor in 1965, Frank Costello won the NCAA indoor and outdoor high jump championship. His book discusses the principles of Plyometrics which have been utilized by the Europeans and Russians for years. Highly recommended!

PLYOMETRIC TRAINING FOR SPEED AND POWER

By

DR. FRED HATFIELD

and

DR. MICHAEL YESSIS

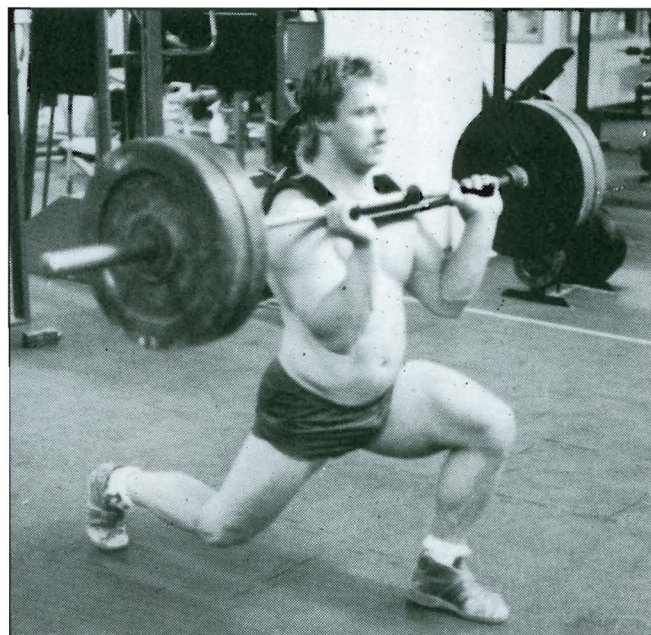
COST: \$10.95

This is an exciting book on both upper and lower-body Plyometrics by two recognized world authorities. Each Plyometric exercise is beautifully illustrated and brought to you in a concise, easy-to-understand manner. Highly recommended!



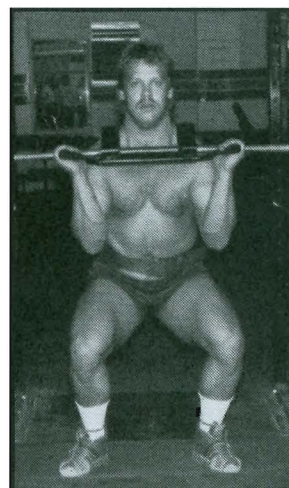
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Tore Gustafson doing lunges with the E-Z Squat. Tore is the Swedish National Record Holder in the Hammer Throw.

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FRONT SQUATS
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MORE WEIGHT!**

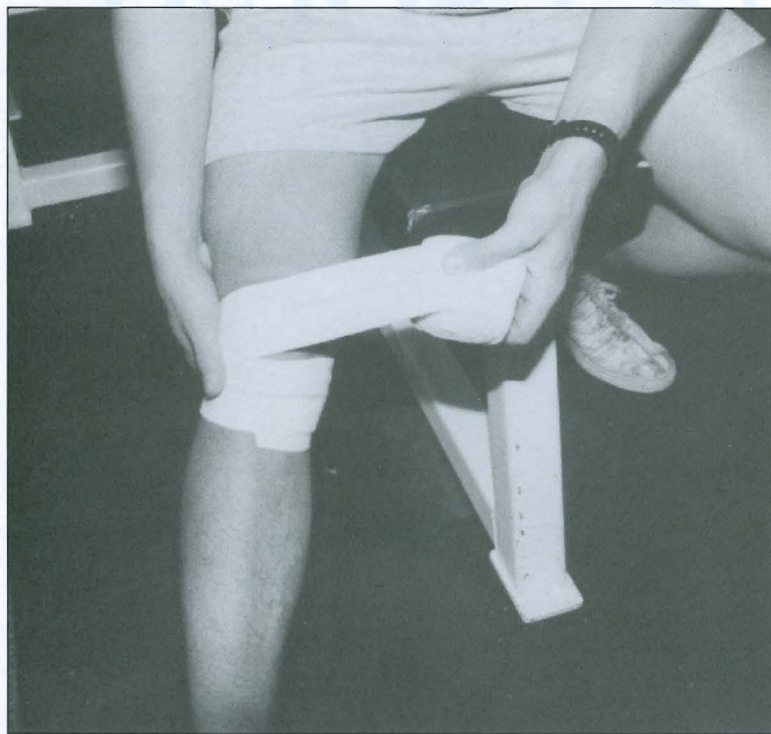
COST: ONLY \$89

E-Z SQUAT: Sizes by body weight
SMALL: Under 175 MEDIUM: 175 to 200
LARGE: Over 200

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KNEE WRAPS

I do not recommend knee wraps for general use for athletes. I am certain the athlete will develop stronger tendons and ligaments without them. However, they will unquestionably help an athlete Squat more on a max attempt. Therefore, if you have a special max out day, I see no reason not to use them and enjoy a new big Squat Max.

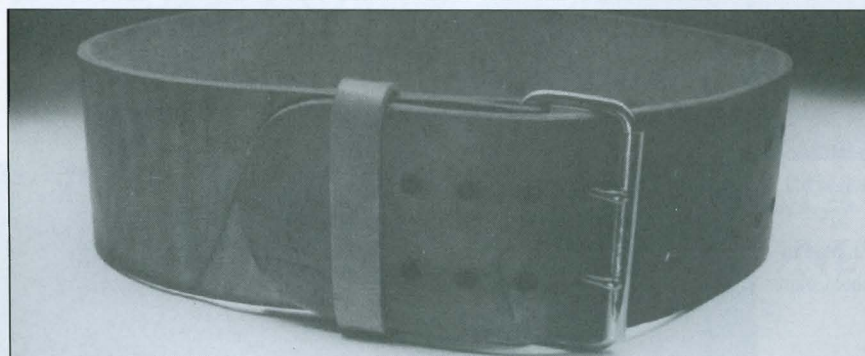
THE SAFETY SQUAT

The ad can be found on page 44. If you have trouble getting your athletes down to parallel, this is a great answer. Remember, if you don't get to parallel, you Can't reach your potential.



EQUIPMENT FOR EACH SQUAT STATION

1. One Center Knurled Squat Bar.
2. At least one medium Squat Box, preferably an additional short and/or tall Squat Box.
3. Two Power Belts.
4. One Barbell Pad (Not on bar but placed close by so those who wish to use it can do so).
5. One or two Safety Squats if you have a problem with depth.
6. One E-Z Squat.
7. Maximum of two pair of knee wraps.



Power Belts

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