

SQUAT 101

Performance Ebook



A Collaboration of

evolv

PHYSICAL THERAPY & PERFORMANCE



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Welcome!

Thanks for joining Oscar and I (Dr. Matt) as we dive into Squatting 101.

We're excited that you've decided to check out more about how you can stay healthy, fit and thriving related to squat technique! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically focus on the foundational squatting movements, their points of performance, and common faults we tend to see.

We'll begin with the most common problems seen in squatting and how to correct these. These will help you understand where you need to focus your attention and dial in your mobility.

Once we've pinpointed improper squat form, we'll work through the different foundational movements so you can confidently perform them on your own!

Enjoy!



Points of Performance

- Neutral spine
- "Tripod" foot
 - maintain pressure in big toe, little toe, heel
- Pelvic tilt and core tight
- Chest proud
- Glutes engaged
- Knees tracking over toes



- These points of performance will more or less be the same for each variation. Front rack (front squat and goblet squatting) movements require a more upright torso and elbow positioning.

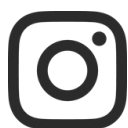


Common Squat Faults

- Butt wink
- Over-extension of spine
- Valgus knee position (knees go in)
- Good morning squat (Hip dominant)
- Quad/Knee dominant squat
- Improper bar/weight path



- Learning about these faults can help you pinpoint them in your own squatting - or others too!



The Air Squat

- Starting by standing up tall, the squat is initiated by simultaneously bending at the hips and knees (picture 1).
- Knees track forward over toes (yes - they can extend over the toes if ankle mobility is sufficient) while hips sit down. Maintain neutral spine throughout by bracing core muscles.
- The bottom position is reached when hip crease is lower than knees (pictured on right).



The Goblet Squat

- The goblet squat is a great alternative or precursor for squatting with a barbell because of the weight that's being distributed in front of the body by the kettlebell or dumbbell, similar to that of a barbell in a front squat.
- A goblet squat is similar to air squatting except for the focus on keeping your elbows and chest/torso relatively upright to prevent the weight from pulling you forward.



- As with the air squat, the goblet squat range of motion is completed when the hip crease is below the knee crease (pictured above).



The Back Squat

- The foundational movements of squatting properly has finally brought us to the back squat. This will be the first movement where the load is placed on the backside.
- Shown below, Dr Matt is squatting with a Safety Bar, which puts more of the load in the midline of the body instead of solely on the back - think of this bar as a hybrid between a front squat and a back squat.



- Same as the air squat, movement is initiated at the hips and knees simultaneously (pictured on left).
- Squat until hips are lower than knees, then instead of letting your hips shoot up first, think about pushing them through to return to standing position.



Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - Evolv Physical Therapy & Performance Clinic - Grafton
Dr. Matt Paluchniak (262) 846-5141 matt@evolv-pt.com
 - BrewCity CrossFit - Milwaukee
Dr. Erik Gregersen (314) 283-4459 erik@evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

