

StrongLifts Squat Tip Sheet

How to Squat

1. Setup. Face the bar. Grab it tight with a medium grip. Put it on your upper-back by dipping under the bar. Raise your chest.
2. Unrack. Move your feet under the bar. Unrack it by straightening your legs. Step back with straight legs. Lock your hips and knees.
3. Squat. Take a big breath, hold it and Squat down. Push your knees out while moving your hips back. Keep your lower back neutral.
4. Break Parallel. Squat down until your hips are below your knees. Thighs parallel to the floor isn't low enough. You must break parallel.
5. Squat Up. Break parallel then Squat back up. Keep your knees out and chest up. Lock your hips and knees at the top. Breathe.

Squat Form 101

- Stance. Squat with your heels shoulder-width apart. Put your heels under your shoulders.
- Feet. Turn your feet out 30°. Keep your whole foot flat on the floor. Don't raise your toes or heels.
- Knees. Push your knees to the side, in the direction of your feet. Lock your knees at the top of each rep.
- Hips. Bend your hips and knees at the same time. Move your hips back and down while pushing your knees out.
- Lower Back. Squat with a natural arch like when you stand. No rounding or excess arching. Keep your back neutral.
- Grip. Squeeze the bar hard. But don't try to support heavy weight with your hands. Let your upper-back carry the bar.
- Grip Width. Use a medium grip, narrower than when you Bench Press. Your hands should be outside your shoulders.
- Bar Position. Put the bar between your traps and rear shoulders (low bar) or on your traps (high bar). Center the bar.
- Wrists. Your wrists will bend and hurt if you try to support the bar with your hands. Carry it with your upper-back.
- Elbows. Behind your torso at the top, not vertical or horizontal. Inline with your torso at the bottom of your Squat.
- Upper-back. Arch your upper-back to create support for the bar. Squeeze your shoulder-blades and raise your chest.
- Chest. Raise your chest before you unrack the bar. Keep it up and tight by taking a big breath before you Squat down.
- Head. Keep your head inline with your torso. Don't look at the ceiling or at your feet. Don't turn your head sideways.
- Back Angle. Not vertical or horizontal but diagonal. The exact back angle depends on your build and bar position.
- Unracking. Put the bar on your back and your feet under the bar. Unrack it by straightening your legs. Walk back.
- Way Down. Bend your hips and knees at the same time. Hips back, knees out. Keep your lower back neutral.
- Depth. Squat down until your hips are lower than your knees. Thighs parallel isn't enough. Break parallel.
- Way Up. Move your hips straight up. Keep your knees out, your chest up and your head neutral.
- Between Reps. Stand with your hips and knees locked. Breathe. Get tight for the next rep.
- Racking. Lock your hips and knees. Then step forward, hit the rack and bend your knees.
- Bar Path. Move the bar in a vertical line over your mid-foot. No horizontal movement.
- Breathing. Big breath at the top. Hold it at the bottom. Exhale at the top.

See Also

- <http://stronglifts.com/squat/>
- <http://stronglifts.com/5x5/>
- <http://stronglifts.com/apps/>