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SQUAT advice sheet



Assessing your ability to squat:

How is your core strength & flexibility? A strong core is essential, as is the ability to produce the movement pattern.

How low do I go? How low do you need to go for your sport.....?

As a rule of thumb have a spotter watch you as you squat. If your form starts to go, then that's as far as you go.

Are you stiff or just have poor technique:

The true test to see if they are actually tight and in need of stretching comes from looking at how your joints move when they have no load on them.

Laying on your back, if you can pull your knee to your chest without having the other leg come off the floor you don't have a limitation of range of motion necessary to complete the movement. This means you probably don't need additional stretching.

Can you squat while hanging on to a structure for support if so flexibility is not the issue but movement patterning/control could be?

## Squatting:

Feet should be roughly shoulder width apart, as a tip, jump up in the air (without the bar) and see where your feet prefer to land. This should be the distance for the General Back Squat (obviously straighten your legs slightly so that they are symmetric).

## Problem solving:

Leaning forwards on the descent? Widen the stance, drive through the hips.

Lower back flexion? Look at pelvis control, go light and work on the form before loading up.

Upper back flexion? Keep the chest up and elbows forwards.

Knees dropping in? Your load is too heavy; otherwise you may have a weakness in your Gluteus Medius muscle.

Work on single leg squats with dumbbells and work on form/correct movement pattern.

Heels come off the floor this can mean your calf muscles are tight. Stretch this area off, use a ramp or a wedge to raise the heels or try turning the feet out slightly.

Are my knees supposed to go past my toes? A forwards motion of the knees toward and past the toes all depends on how low you go. Is this functional to your Sport?

4 tools for squat correction;

- The Pole Squat
- The Bar Squat
- The Wall Squat
- The Goblet Squat

