

A photograph of a man in a black t-shirt performing a squat with a barbell. He is looking down, focused on his form. Another man is visible behind him, assisting with the lift. The background is a gym setting with wooden walls and a green banner.

CAPITAL DISTRICT SPORT AND FITNESS **SQUAT SEMINAR**

Troubleshooting your squat to move big weight and feel great while doing so.

518-289-5004

capitaldistrictsportandfitness@gmail.com



ASSESSING THE SQUAT

Global Movement

Step 1: Overhead Squat



**Limiting Factors: Shoulders, T-Spine, Core,
Hips, Ankles**



ASSESSING THE SQUAT

Global Movement

Step 2: Hands Behind Head Squat



Limiting Factors: T-Spine, Core, Hips, Ankles



ASSESSING THE SQUAT

Global Movement

Step 3: Hands in Front with Counterweight



Limiting Factors: Hips, Ankles



ASSESSING THE SQUAT

Global Movement

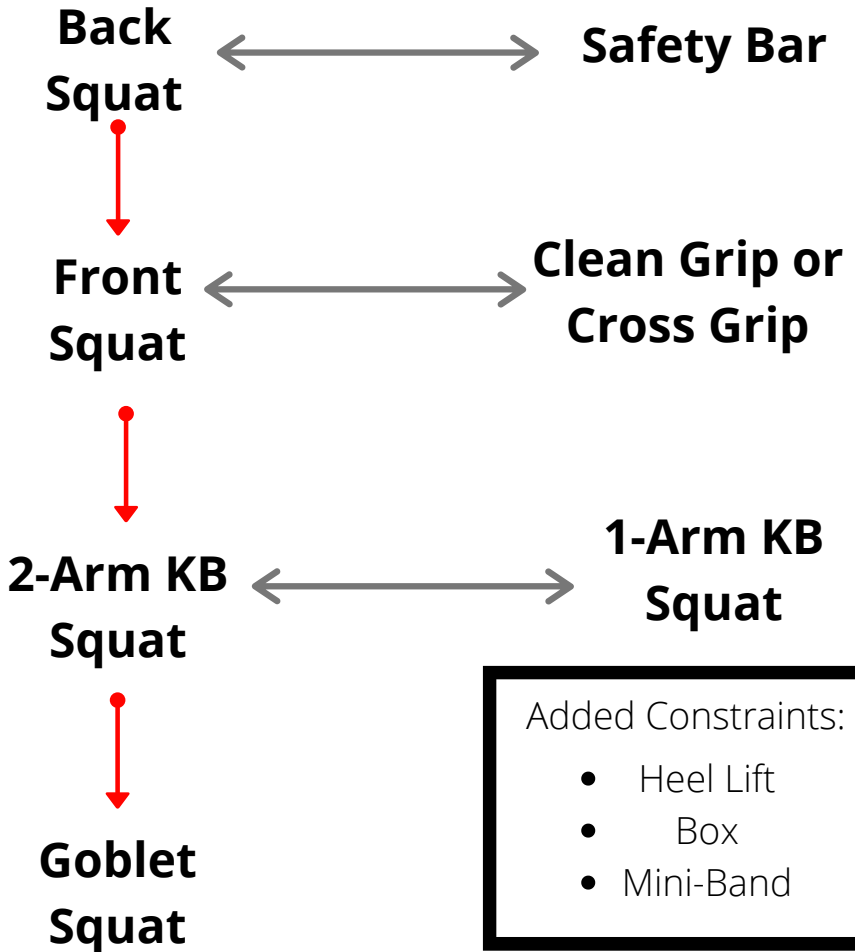
Step 4: Hands in Front with Counterweight
+ Heel Lift



Limiting Factors: Hips



CHOOSING THE BEST VARIATION





IMPROVING MOBILITY



Ankles:

- Wall Ankle Rocks
- Box Ankle Rocks
- Deep Squat Prying
- Downward Dog Ankle Rocks

Hips:

- Kneeling Glute Mobilizations
- Positional Breathing
- 90-90 Hip Stretches
- Posterior Hip Soft Tissue Work

Thoracic Spine:

- What is starting position? Flat or kyphotic?
- Direct your mobility work based on your answer to above.

Shoulders:

- Floor Slides
- Side-Lying Windmill
- Band W's
- Shoulder ER Training



KEY CUES!!!



- **Lock In During Set Up** (core, upper back, feet)
- **Pull Yourself Down Between Your Heels**
- **Push Heels Through The Floor to Stand**