

HOW TO SQUAT PROPERLY



Don't add weights until you've grasped the correct squat technique. This could lead to potential injuries.



Juliet Slade, Rehab Specialist at Six Physio gets to grips with this move

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top. Take a few out minutes to learn how to squat properly.

This essential move can help tone and

strengthen specific muscles as long as it's performed the right way.

Squats are dependent on movement quality. Predominantly poor squatters will move from their back rather than their pelvis – reducing their ability to use glutes and relying more so on lower back muscles and quads. This can be due to just poorly learned technique or biomechanical restrictions such as stiff upper backs.

6 SIMPLE STEPS

Follow Juliet's advice to improve this move that is great for legs and core strengthening.

1 To squat properly you need good mobility from your upper back, hips and ankles – this can be done via rolling and dynamic mobility exercises

2 The initiation should come from your pelvis – focus on tipping forwards from your pelvis with a flat back

3 Then sit back into squat to activate glutes while keeping your flat back alignment

4 Ensure knees do not go past toes and align with your second and third toe

5 Push back up from your heels to encourage glute activation

6 If your ankles restrict the depth of your squat, try squatting with your heels raised

