

Master Class :- Squats

Proper form is essential for success when training to get the best results. It is the quality of training that influences your progress, more than the quantity. Time under tension, angle of movement, range of motion, and many other factors all contribute to a particular training session. It is important to understand the proper technique of the exercises to get the most benefit from your time.

1. **Make sure your knees don't protrude far over the toes.** Each time you squat you should push your hips back so that your bottom moves backwards during the downward phase of the squat, ensuring your knees don't protrude over your toes (if you are tall, this may happen, but make sure it does not put pressure on your knees). Finally, the pressure of the squat will be on your heels instead of your toes and you will be able to get more depth to your squat.
2. **Ensure that when you squat make sure your spine is in proper alignment.** By keeping your shoulder back and your chest out, your lower back will most likely have the correct natural curve. If you instead round your shoulders and sink your chest in, your spinal alignment will be thrown off. Pick a point on at eye level or slightly above to ensure you don't round your neck.
3. **The wider you put your feet, the more it works your glutes and hamstring (back of the leg), and the easier it will be to stabilise.** The closer in you put your feet, the more your quadriceps will be emphasized (the front of the leg).
4. **A great way to make sure that you are not rounding through your back is to perform the squat in front of a mirror so you can see your back position.**
5. **Tip for you – stand facing a wall and about foot away, now squat down and it will automatically ensure that you sit deep into your heels and chest is high or you will hit your head on the wall.**



Nail your technique to get the most out of your workouts.



Information Zone:-

1. We are always keen to know how you got on - you can post your results through on our Facebook page
2. Remember to always work on technique
3. If you choose to do an easier variation, try progressing from there - but make sure you keep your form at all times
4. Don't forget you can contact us through our website, Facebook or email if you have any questions
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk