

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

LYING SQUAT

A. Emphasis. The primary muscles stressed in this movement are the muscles in your upper legs (thighs, hamstrings, buttocks). The secondary muscles stressed are your abdominal muscles and lower back.

B. Starting Position. Lie on the machine with your shoulders up against the shoulder pads and place your feet on the platform. (See training tips for seat settings.) Hold onto the handles that are located either side of the sled at head level. Press up against the platform until you are in a standing position. **Never** lock out your knees in this position.

C. Movement. While bending at the hips and knees, take **2 to 3** seconds to lower the sled down until your knees are at **90** degrees or as specified in your program. Press up through the heel of your feet to the starting position. Squeeze your abdominals, quads and glutes hard before repeating the movement.

D. Training Tips.

- 1) Contract your abdominals when returning to the starting position. This will help support your lower back.
- 2) You can adjust your feet closer to or over the top of the platform, which will allow you to keep your knees over your heels. This reduces the stress placed on your knees.
- 3) If you do not have a problem with your knees the seat can be adjusted to allow your range of motion to go below **90** degrees.
- 4) Do not raise your hips up off the sled when pressing the weight up.

E. Options.

There are **3** stances that can be used for the exercise.

- 1) **Close Stance** - The feet are placed **1 to 2** inches apart. Concentration is on the Vastis Lateralis (outer thigh).
- 2) **Medium Stance** - The feet are placed shoulder width apart. Concentration is on the entire quad, hamstring and glutes.
- 3) **Wide Stance** - The feet are placed just outside the width of the shoulders. Concentration is on the Vastis Medialis (inner thigh).

F. Warning Tips.

- 1) **Do not** let your hips come off the pad at any time during this movement. This can cause serious injury to your back.
- 2) **Do not** let your heels raise up off the platform nor let your.
- 3) **Do not** lean forward during this movement. This can cause serious injury to your back.
- 4) You **must** keep your back straight throughout the entire movement. Failure to do so could result in serious injury to your back.
- 5) **Do not** bounce as you reach **90** degrees. This can cause serious injury to your knees.
- 6) **Do not** squat down any faster than **2 to 3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.
- 7) **Do not** lock out your knees. This can cause serious injury to your knees.
- 8) **Do not** let your knees move into a position where they are farther forward than your toes. This can cause serious injury to your knee. This can cause serious injury to your knees.
- 9) **Do not** lower the sled any faster than **2 to 3** seconds. You must be in control at all times. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.