

Supported Squat Form

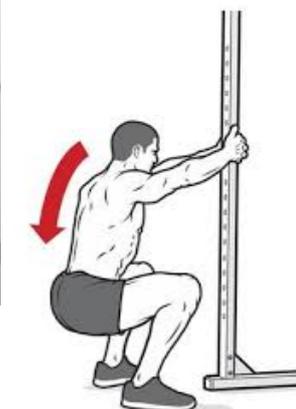
Types (progression): The supported squat is done holding onto sturdy support and can be done with different foot placements. I prefer the shoulder width base of support stance. **Performance:** The exercise done is done typically for 10 or more repetitions for 1-3 sets.

Form: Key points. Start by being close to support that you are holding onto with grip between chest and navel. Hinge back at hips and knees keeping knees over second toes. The bottom leg bone, the tibia, should remain almost perpendicular with floor. Body weight should be evenly distributed and most of the weight should be on heels and mid-foot. Hinge back to personal preference keeping back locked in neutral. At bottom of motion drive up from glutes through heels to start position. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine (bracing).

Do it Right!
Exercises you Should Do



TIBIA IS PERPENDICULAR TO FLOOR



This is one of my favorite exercises because how safe this exercise is and its effectiveness. I consider it a foundation exercise and it should be part of a basic fitness routine or as a warm up for advanced exercisers and athletes. Performing this exercise will help stabilize the spine and it strengthens the muscles of the quadriceps, glutes, central core, and thoracic area. It is especially good at engaging the glutes, which is important in back and knee care. I include it as part of most of my low back and knee care programs. By holding on it allows you to sit back, which places the focus/stress on the hips and away from the knees. Keeping the tibia (bottom leg bone) perpendicular to the floor also takes stress off the knees. This is a great leg strengthening exercise for those who have knee and leg issues. I have clients who need knee replacements use this exercise to strengthen their legs before surgery. **KEY POINT: A strong and easily engaged gluteal area protects your knees and back.**

Did you know: The Gluteus Maximus (GM) muscle is the largest and most powerful in the human body. It plays an important role in optimal functioning of the human movement system as well as athletic performance. It is however, prone to inhibition and weakness, which contributes to chronic pain to the knee, injury and athletic under-performance. See Review. Therefore, exercises like the supported squat and bridges that highly engage the gluteal area is vital. A study found that stabilization exercise plus exercise to strengthen the muscles of the gluteus resulted in a greater decrease in low back pain disability index and increase in lumbar muscle strength and balance ability than lumbar segmental stabilization exercise in chronic low back pain patients receiving the exercise treatments during the same period (See study).