

The squat is the number one bodybuilding movement because it involves a large part of the muscular system. To perform it, place a barbell on a squat rack. Duck under the bar and position it across your shoulders on the trapezius, slightly above the posterior part of the deltoids. Grasp the bar using a grip width appropriate to your body type and pull your elbows to the rear:

- Inhale deeply (to maintain intrathoracic pressure and prevent yourself from bending forward) and slightly arch your back by rotating your pelvis forward

- Look straight ahead and lift the bar off the rack

- Move back a step or two from the rack and set your feet shoulder-width apart, keeping your toes pointed forward or slightly angled outward

- Slowly bend your knees and squat down your back slightly bent forward

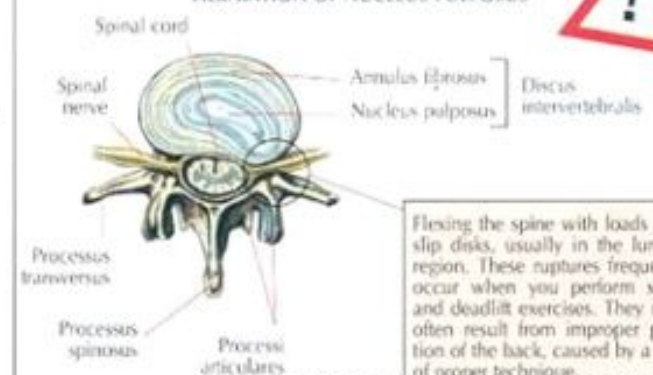
#### HOW TO POSITION THE BAR



1. On the trapezius

2. On the trapezius and deltoids posterior part, as in the type of squat powerlifters do in competition

#### HERNIATION OF NUCLEUS PULPOSUS



Flexing the spine with loads may slip disks, usually in the lumbar region. These ruptures frequently occur when you perform squat and deadlift exercises. They most often result from improper position of the back, caused by a lack of proper technique.