

GORDON

ATX

**A STEP BY STEP
GUIDE TO SQUATTING**

400LBS

A CRASH COURSE IN HOW TO SQUAT

WHY?

**FULL
BODY
EXERCISE**

FUNCTIONAL

AF

**IMPRESS
YOUR
FRIENDS**

WHAT?

REQUIRED

BARBELL

WEIGHT

FAQ

OPTIONAL

BEST

KNEE

SLEEVES

LIFTING

SHOES

UNNECESSARY

BAR

PADDING

WHERE?

SQUAT

RACK



WHERE

NOT?

**SMITH
MACHINES**



HOW?

FOOT

POSITION

KNEES

BANK

HEAD/EYES

BAR

POSITION

GRIP

**TIME
TO
SHINE**

SQUAT!

1. Big breath
2. Controlled descent
3. Beyond parallel
4. Maintain back angle
5. Vertical bar path

