

ICON Performance Professional Sports, Fitness & Rehab Consultants
Box Squat Performance Description

Here's how to perform box squats:

To take the bar out of the rack, the hands must be evenly placed on the bar. Secure the bar on the rack where it feels the most comfortable. To lift the bar out of the rack, one must push evenly with the legs, arch the back, push your abs out against the belt, and lift the chest up while driving the head back. A high chest will ensure the bar rests as far back as possible. Slide one foot back, then the other to assume a position to squat. Set your feet in a wide stance and point your toes straight ahead or ever so slightly outward. Also, keep your elbows pulled under the bar to ensure tightness in the upper back.

When your ready for the descent, make sure to keep the same arched back position. Pull your shoulder blades together, and pull as much air into your stomach as possible. Again, push your abs out. You'll maintain this degree of tightness throughout the set. To begin the descent, push your hips back and push your knees out to the sides to insure maximum hip involvement. Once you reach the box, you need to slowly sit on it (like your sitting on an egg without crushing it) releasing the hip flexors while keeping your back arched and abs pushed out. At the same time your knees are still pushed out to the side.

To begin the ascent, keep pushing out on the belt and consciously flexing your abs at the same time to keep your core nice and tight, arch the back as much as possible, and drive the head, chest and shoulders to the rear. If you push with the legs first, your butt will raise first, forcing the bar over the knees, causing stress to the lower back and knees, thus diminishing the power of the squat and possibly setting yourself up for a devastating injury. You need to keep the barbell in a direct line over the heels

throughout the entire movement and this can only be done while keeping your back arched.