

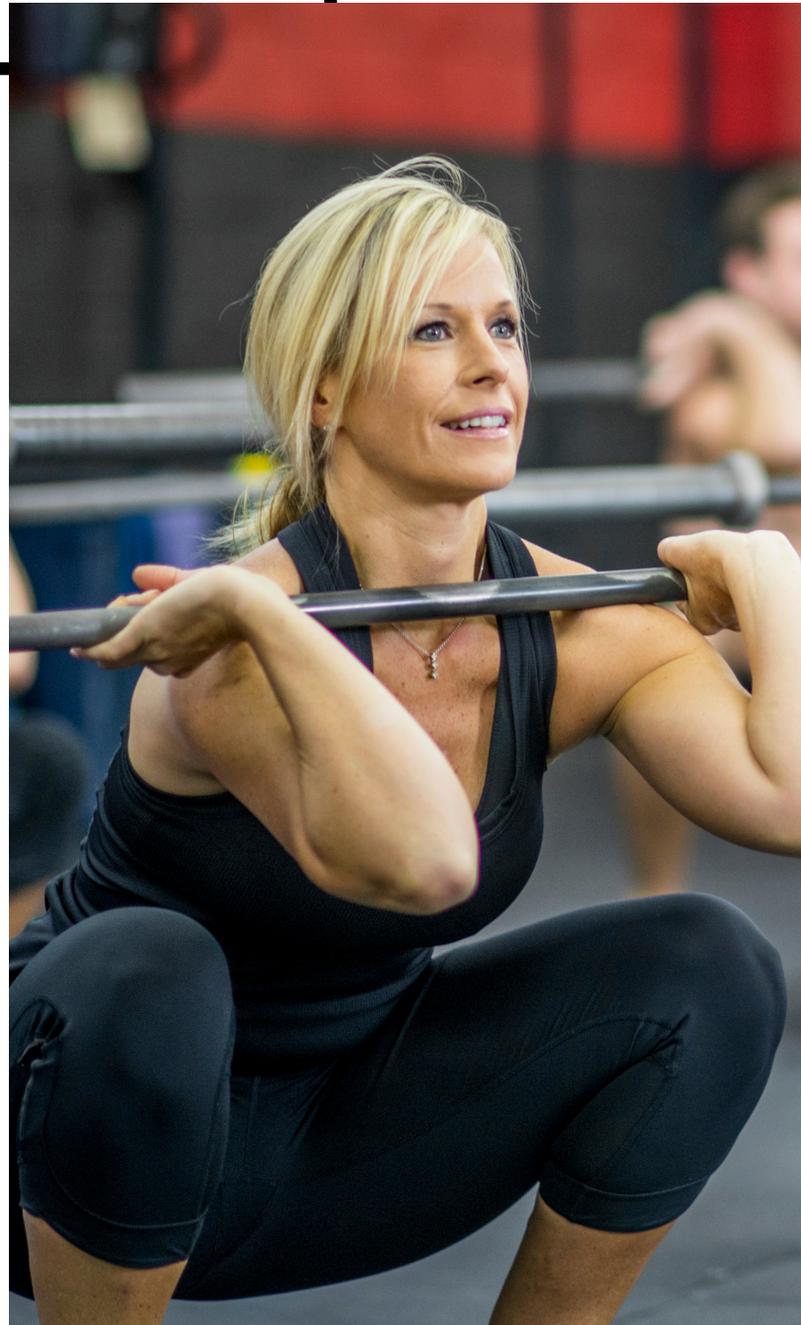
# THE DEEP TRUTH ABOUT SQUATS

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“Squatting deep allows you to recruit your Glutes and hamstrings at the bottom of the movement. This allows you to balance out the forward pulling motion of your quadriceps. This balance of motion is necessary to maintain knee and hip health. Ignore what the others are saying. To squat properly is to squat deep. period. This isn’t just my opinion, it’s a proven fact.” - JT

We’ve all heard it before; if you squat below parallel, you’ll destroy your knees, your kneecap will pop off like a champagne cork and have everyone in the gym ducking for cover... Liar-Liar skinny legs on fire!

If you want great leg development along with strong knees and hips, in addition to a set of glutes that will turn heads, then learn to squat and make it a consistent



part of your leg routine (weighted or not). It is by far, the most effective, proven, overall leg development exercise ever conceived. You'd be hard pressed to find anyone with a great set of legs who doesn't squat...that alone should be proof enough.

Still want more evidence? OK, let's get a little more technical then:

The knee has four main protective ligaments that keep the femur from displacing on the tibia (ACL, PCL, MCL, LCL). These four ligaments are most effective at their protection during full extension and full flexion. Full extension would be when you are standing; full flexion would be when there is no daylight between your hamstring and your calf (yes, butt to the floor). When the knee is at 90 degrees of flexion (the halfway point), these four ligaments are almost completely lax and cannot exert much if any of a protective force at the knee. Unfortunately, the position where the protective ligaments of the knee are not doing any protecting (90 degrees), is the common recommended stopping point of a squat! Therefore, this would be the absolute worst place you could stop and reverse the motion, especially under load.

If flexibility allows, heels staying planted, torso not flexing forward past 45 degrees, then a full squat where you lower yourself all the way to the ground is far safer on the knees than the traditional half squat. There are always exceptions, such as persons with any specific medical or physical limitations or mobility training where you deliberately push beyond your standard range of motion. Think about this for a minute; the joint angle of a typical leg extension machine, which most people do without any hesitation and consider "safe" starts at +/- 90 degrees and completely relaxed. This makes a full squat much safer than even a leg extension is.

I have been repeating this for 20+ years and although there are many more people today who squat to depth, I still get the occasional "Squatting deep is bad for your knees and your back" comment, but when I ask "Why" I never seem to get an answer beyond "a trainer told me". In closing, squats are for everyone and done properly, the way we're all designed to squat, they're the single most effective movement for lower body mobility, flexibility, strength and development.

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-Coach JT