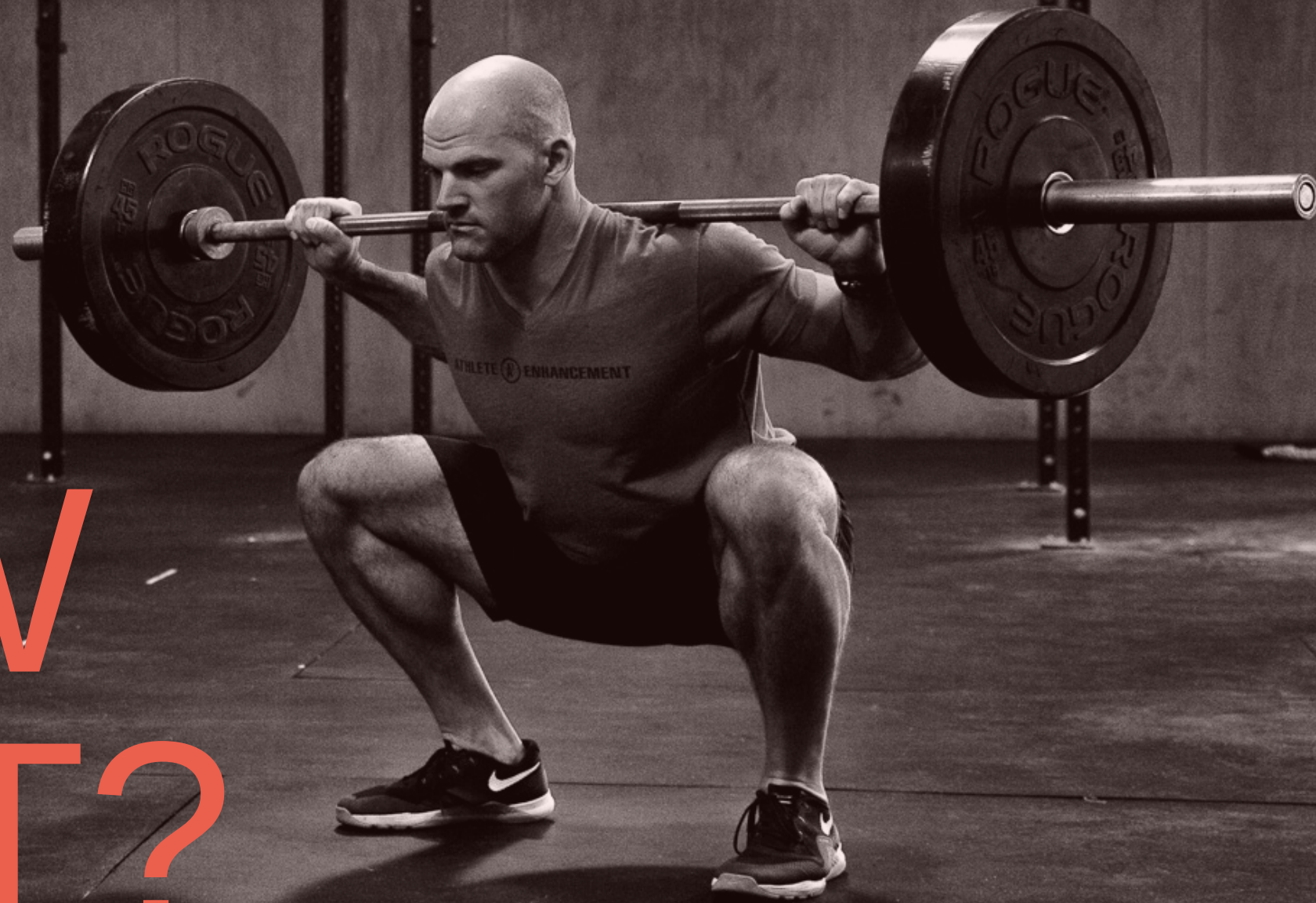


NOW  
WHAT?



# AVOIDANCE OF LOWER BACK INJURY

*AVOIDING INJURY & BUILDING A  
BULLETPROOF BACK*



ULE #1

LESS BACK  
SQUATS; MORE  
FRONT SQUATS

# RULE #1: LESS BACK SQUATS; MORE FRONT SQUATS.

*1. THE SPINE ANGLE IN THE FRONT SQUAT IS MORE VERTICAL THAN THE BACK SQUAT.*

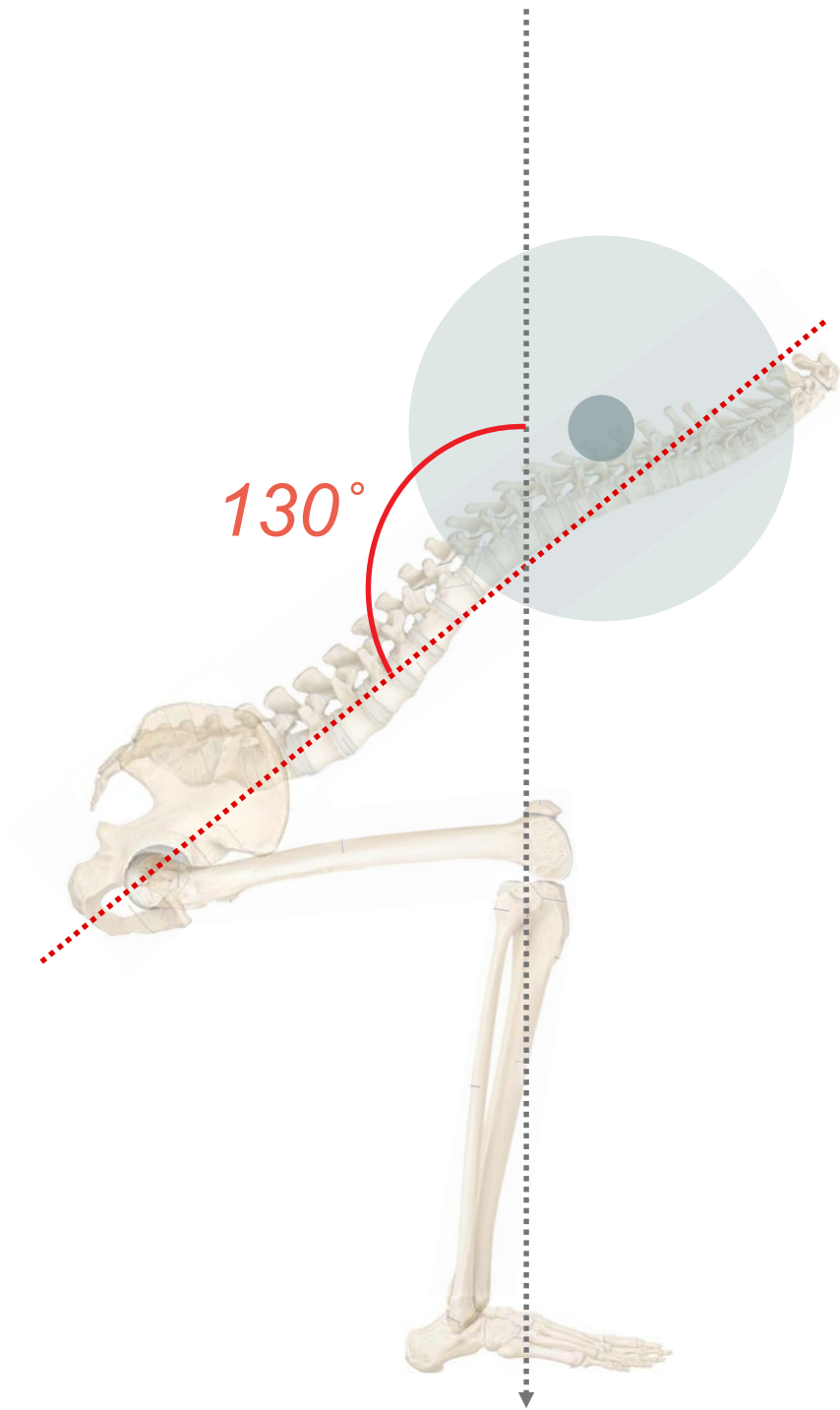
- MORE FAVORABLY LOADS THE SPINE.*

- REQUIRES LESS HIP MOBILITY TO ACHIEVE “FULL” DEPTH WITHOUT THE INFAMOUS BUTT-WINK, WHICH LOADS THE LUMBAR DISC IN FLEXION.*

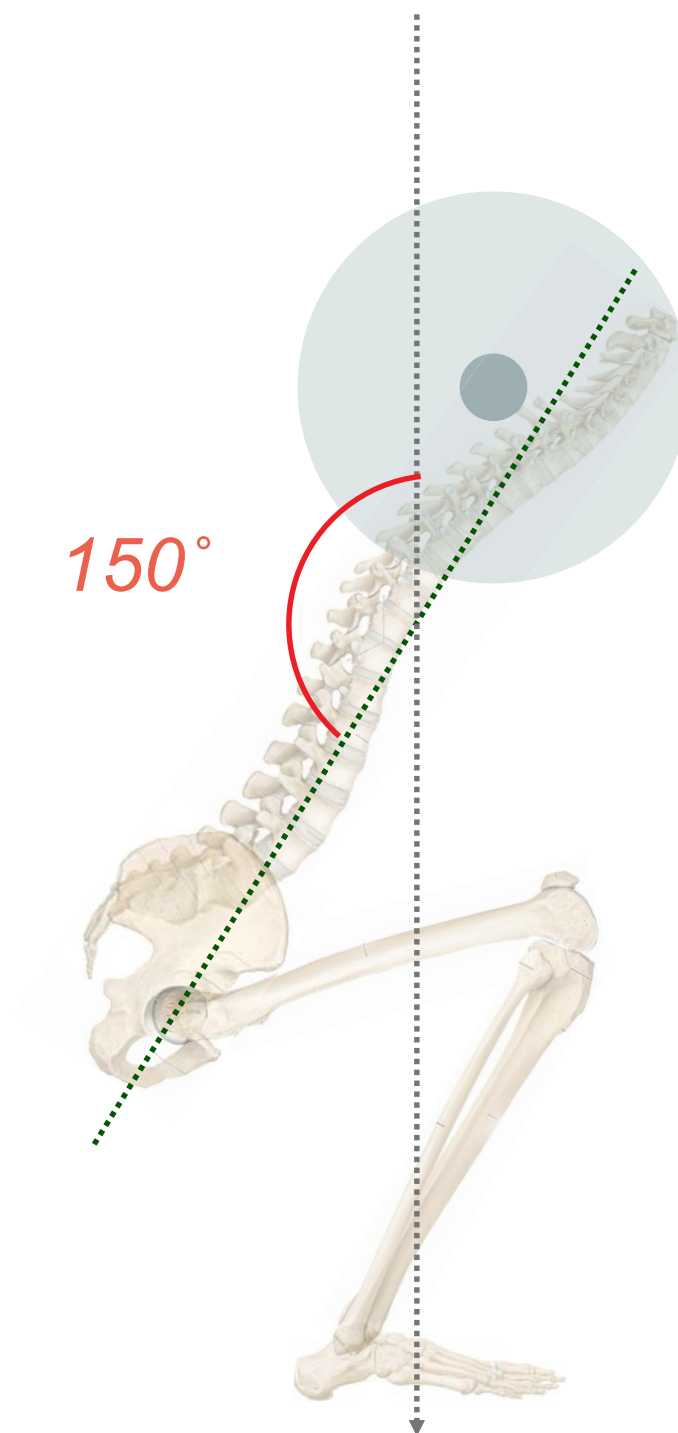
*2. WITH A BACK-LOADED SQUAT, THE REFLEX IS TO ARCH INTO THE BAR, WHICH HYPER-ACTIVATES THE POSTERIOR CHAIN*



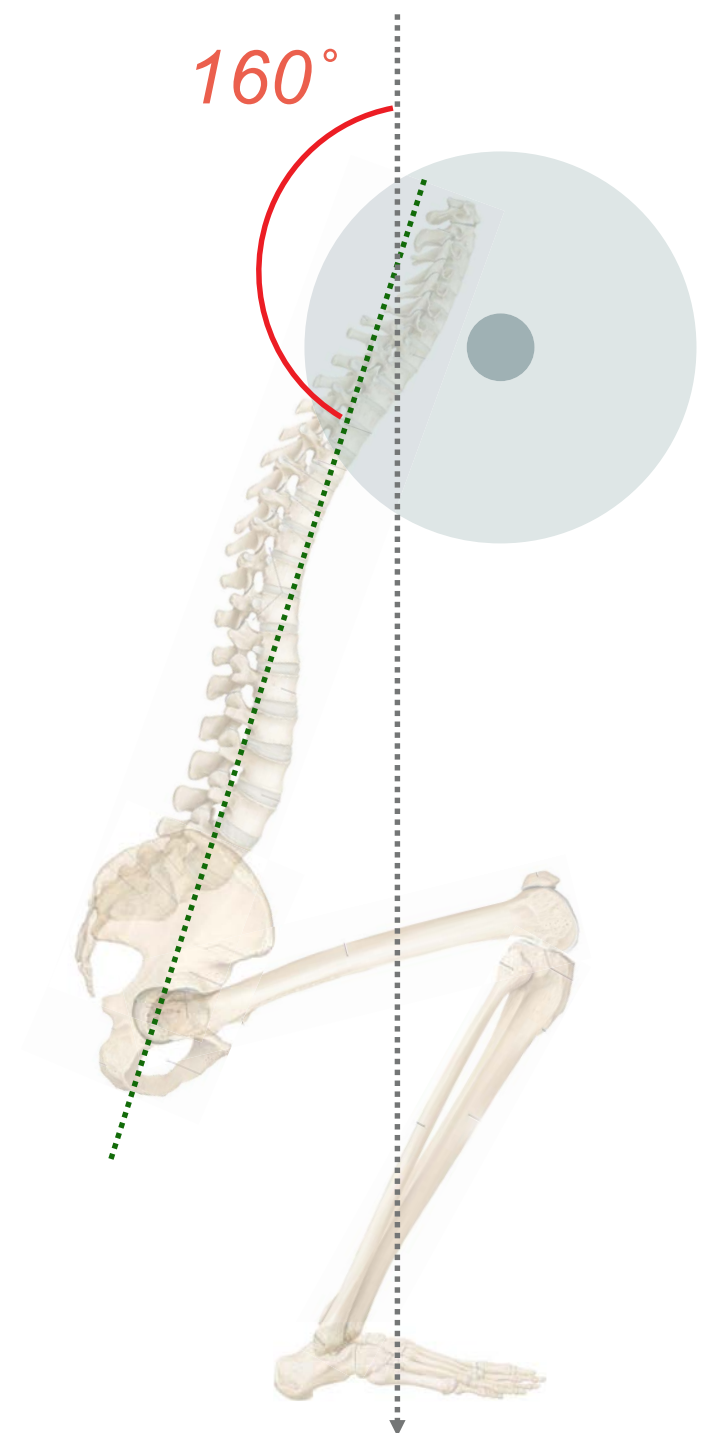
# SQUAT VARIATIONS, TORSO ORIENTATION & SPINE LOADING



Low Bar B-Squat

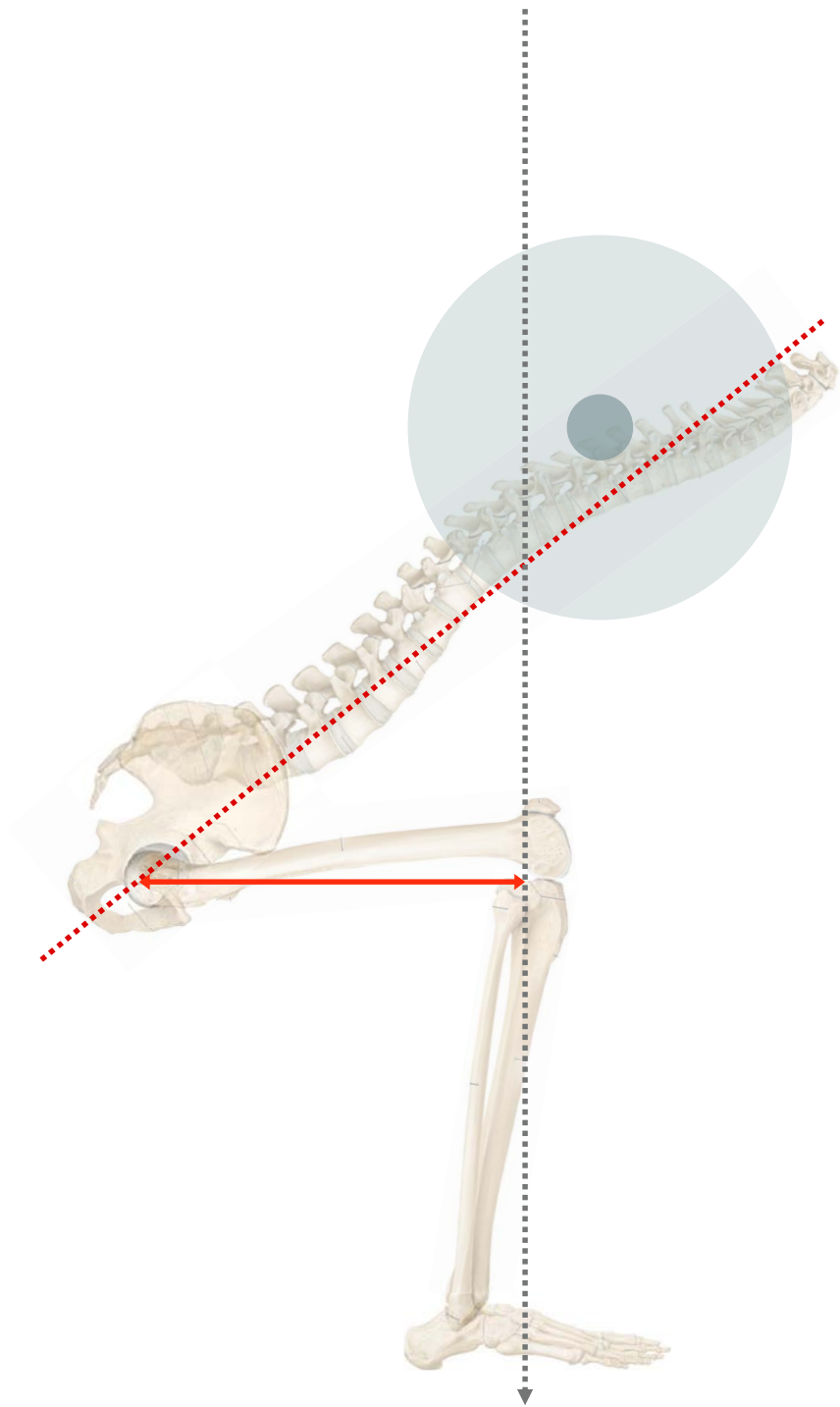


High Bar B-Squat

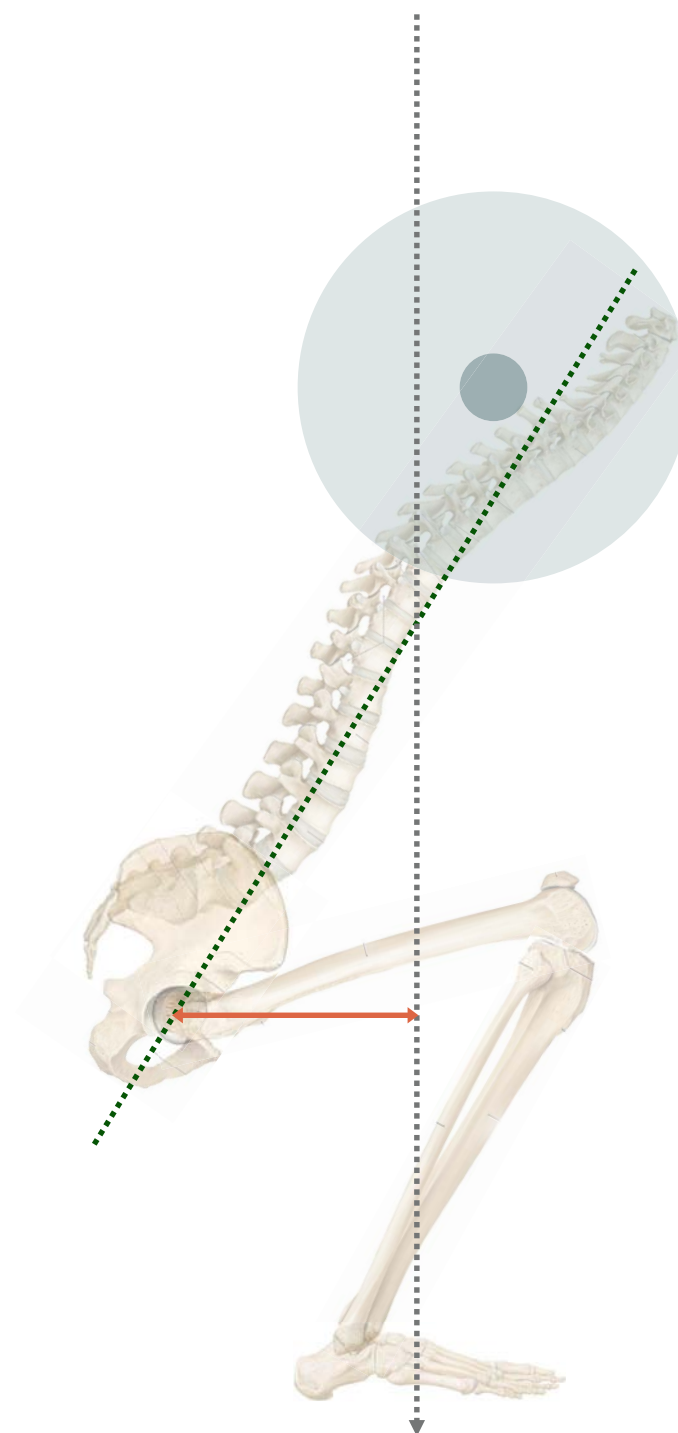


Front Squat

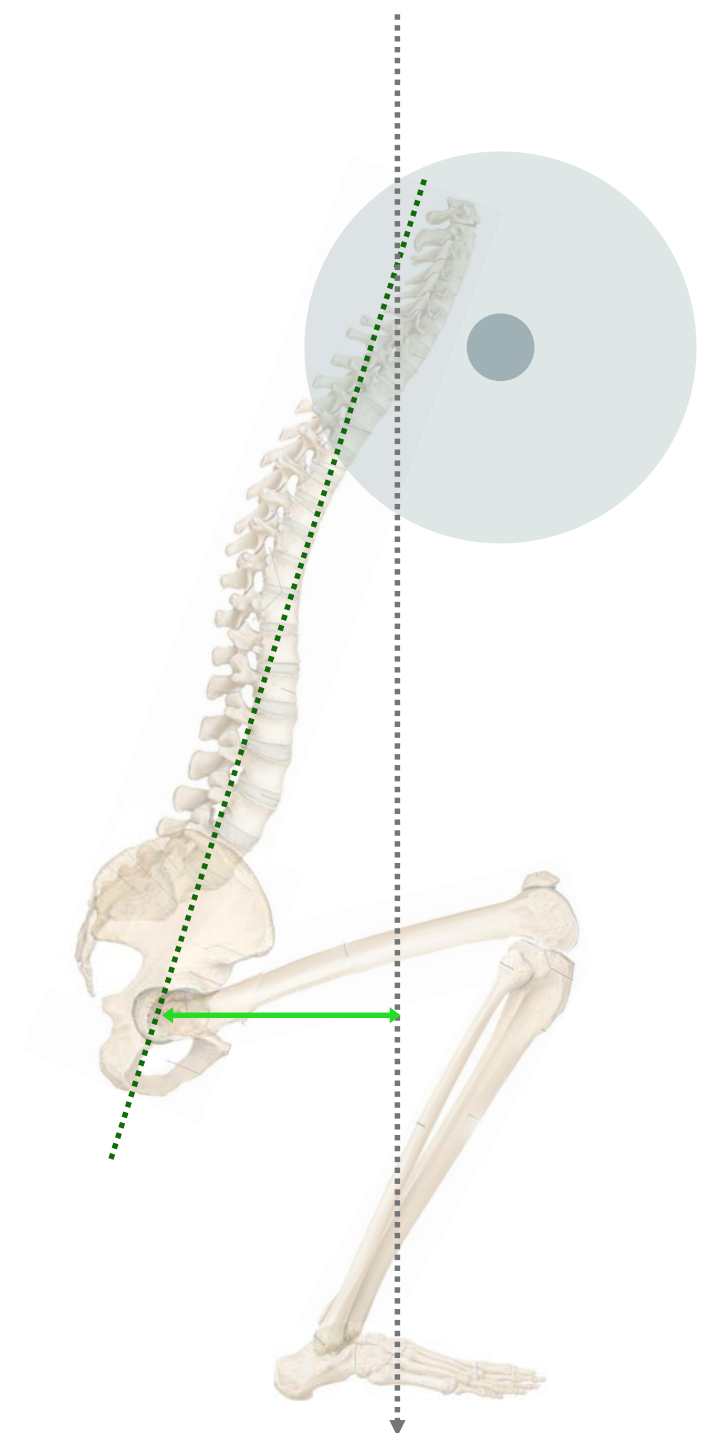
# SQUAT VARIATIONS, TORSO ORIENTATION & SPINE LOADING



Low Bar B-Squat



High Bar B-Squat



Front Squat

WLF #2  
LESS SQUATS;  
MORE LUNGES

# RULE #2 LESS SQUATS; MORE LUNGES

*Why replace squats with*

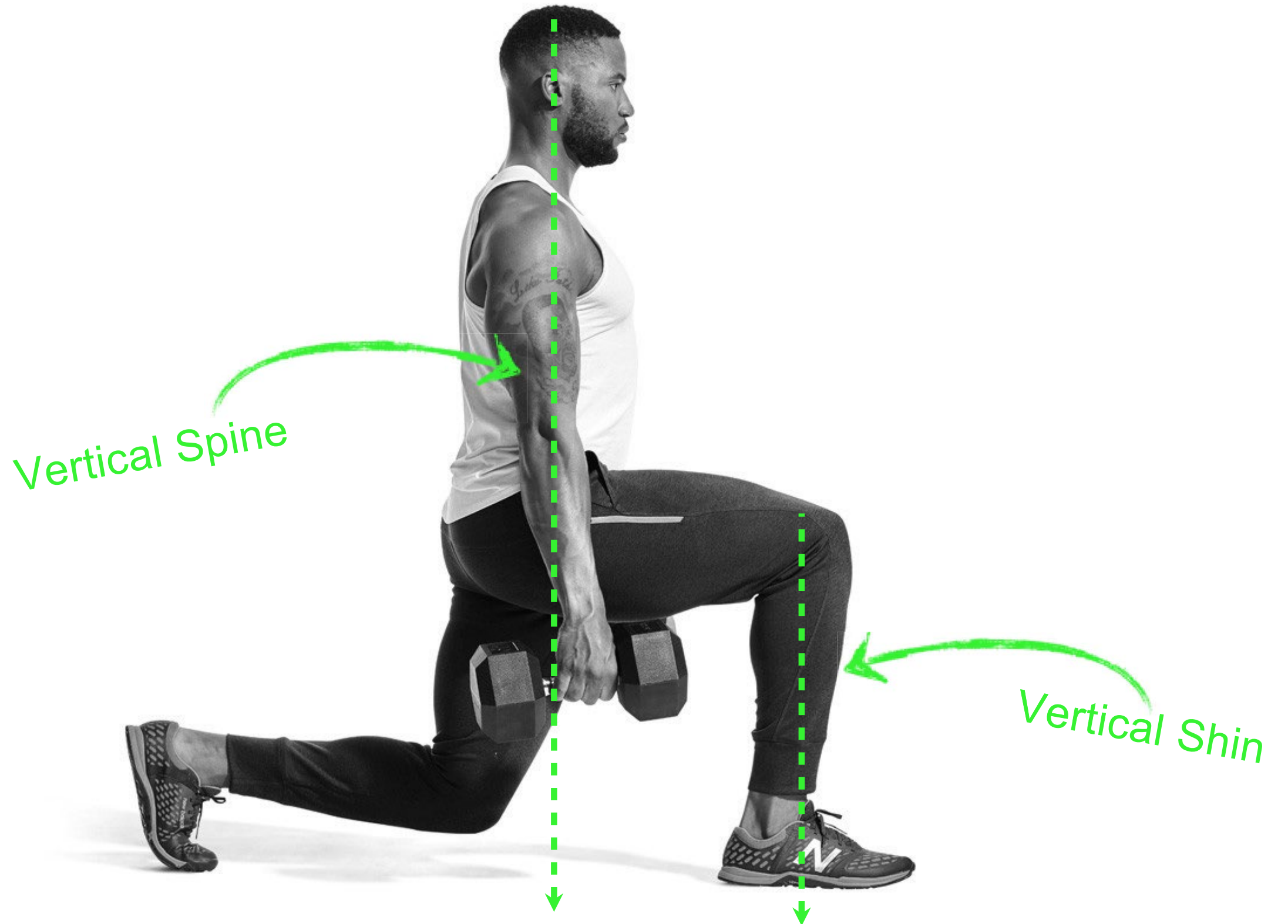
*1. Lunging is more sport-specific (other than training sports such as powerlifting or Olympic weightlifting). Most athletes typically spend most of their time in single support.*

*2. The athlete is much less likely to load their lumbar spine in flexion, whereas this is incredibly common in squatting.*

*3. Lunging effectively reduces bilateral deficit, often hidden within a squat.*



# LUNGES



# OLD SCHOOL



# NEW SCHOOL



# BACK SQUAT LUNGE



Knee Over the toe

Barbell over the heel.

7.2. LESS SQUATS,  
MORE LUNGES.



*Back Rack Reverse Lunge*

1/2. LESS SQUATS,  
MORE LUNGES.



*Snatch Grip Reverse Lunge*

1/2. LESS SQUATS,  
MORE LUNGES.



*Back Rack Reverse Lunge + Chain*

# LEGGING, MORE LUNGES.



*Dumb Bell Reverse Lunge*

172. LUNGES, MORE LUNGES.



*Double KettleBell, Front Rack Reverse Lunge*