

Basic Barbell Training



Figure 2-14. An interesting way to visualize hip drive in the squat.

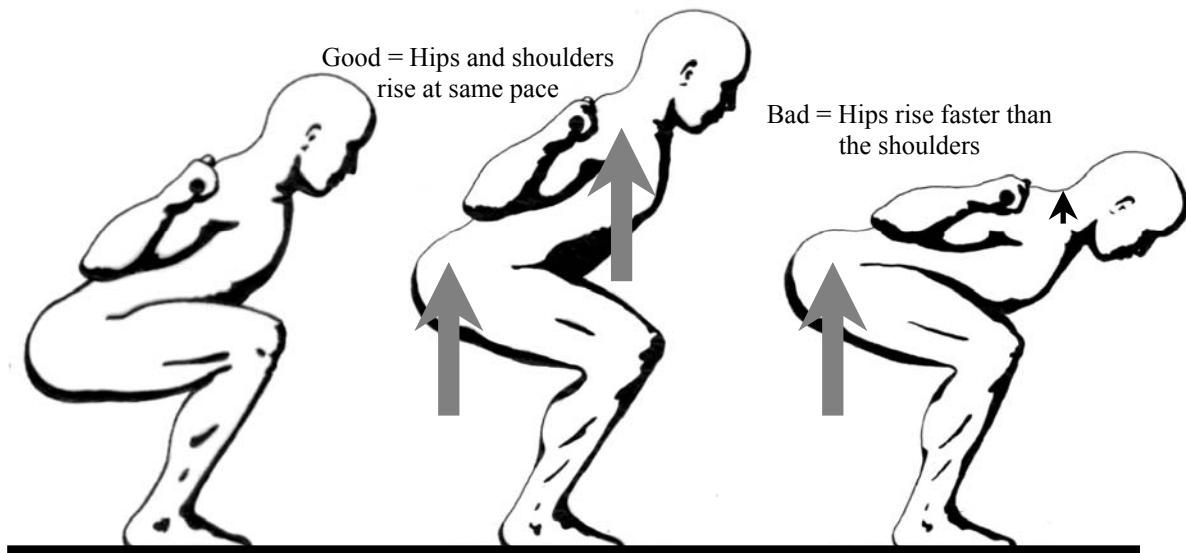


Figure 2-15. The back angle during the drive up from the bottom is critical to the correct use of the hips. The correct angle is produced when the bar is just below the spine of the scapula and directly vertical to the middle of the foot, the back is held tight in lumbar and thoracic extension, the knees are parallel to the correctly-placed feet, and the correct depth is reached, as discussed later.