



Figure 7-11. The relationship between bar position on the back of the three types of squats and the resulting back, knee, and hip angles.

The position of the bar determines the best way to drive up out of the bottom. The back squat uses a “hips” cue, which enables a more forceful, deliberate initial hip extension. The idea is to drive the butt straight up out of the bottom, which is a way to more effectively make the glutes, hamstrings, and adductors fire. This hip drive is possible because the back is at an angle which permits it; driving the butt up with the bar on the back just requires that the chest be maintained in position, preserving the back angle.