



HOW TO GET A DEEPER SQUAT



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THANK YOU!

Thank you for downloading our FREE e-book! If you're interested in this information, then you are likely looking to level up your squat performance by being able to improve the depth of your squats!



DISCLAIMER

Please check with your primary care physician before starting a training or exercise routine. By employing recommendations described here, you agree and understand that all the advice, tips, and content are taken at the user's own risk. This information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult your healthcare professional to design an appropriate exercise prescription. If you experience any pain or discomfort with these exercises, stop immediately and consult your healthcare provider. Enhanced Physical Therapy and Wellness, LLC make no representations as to the accuracy of the information on links provided on this sight. The owner will not be liable for any errors or omissions in the information provided. Enhanced Physical Therapy and Wellness, LLC is not responsible or liable for any injury or harm you sustain as a result of our fitness programs, online fitness videos, e-books, or information shared on our website. This includes emails, videos and text.

Thanks for your understanding.

- Enhanced Physical Therapy and Wellness team

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IN THIS BOOK...

You will be given tips on different ways to get into a deeper squat. These tips just scratch the surface, but are a good starting point. If after you trial these tips and are still struggling to get the full depth of your squat that you desire, we recommend reaching out to a fitness specialist (such as a physical therapist or personal trainer) to help you reach your goals.



STANCE WIDTH



NARROW



STANDARD



WIDE

Typically, we are taught that our squat stance should be shoulder width apart, but sometimes our unique bone structure prevents us from getting into deep squat positions if we have anatomy and mobility limitations. We recommend trialing between the standard (shoulder width) stance, wide (sumo) stance, and the narrow stance when finding your preferred deep squat position.

However, we do recommend incorporating all 3 stance positions into your workout routine for variety as the difference in stance positions challenges your muscles in different ways. By working on the different stance widths, your body can learn to adapt and improve the depth of your squat in the various positions.

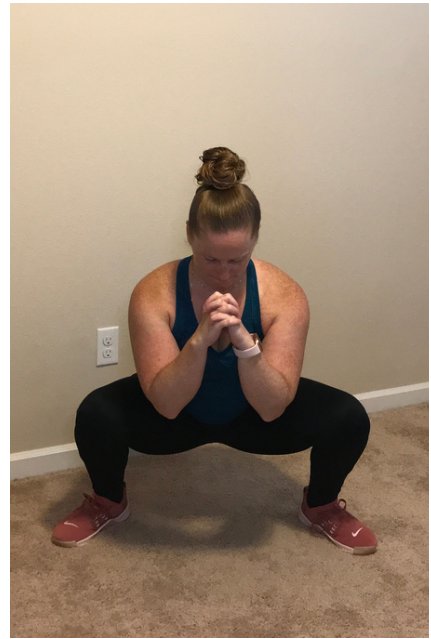
TOE POSITION



FORWARD



MIDDLE



45°

Similar to the width stance, our bodies can vary in our preferred ankle position. Again, we used to drill toes forward during squats, but sometimes our bony alignments can prevent this from happening. We recommend trialing various positions of toe out which means changing your toe position from pointing straight forward to a maximum of a 45° toe out.

You can also combine different stance widths with degrees of toe out. Your body will have a natural preferred stance and toe out position that will allow you to slowly sink into your deep squat, and trial and error can help you find it.

SLOW THE MOVEMENT



SLOWLY LOWER INTO SQUAT FOR A COUNT OF 4

By slowing down the movement of the squat, you can sometimes find the area that is limiting you. This can allow you to adjust your stance in small increments to find your body's preferred position. So recommend a tempo eccentric lowering of the squat for a count of 4 which will allow you to feel and find your preferred squat position. You can tweak and modify the position on each rep to find the position that feels best for you.

Also, remember that changing your stance position doesn't mean you have to avoid certain positions, but you might have to dedicate more time in improving your squats in those stance positions.

HEEL ELEVATION



If your ankle mobility is limiting your squat depth, sometimes you can obtain a deeper squat by elevating your heels. Now, this doesn't mean to do all your squats on your toes, but this can be achieved by wearing a shoe that has a more elevated heel (this is the purpose of a weight lifting shoe).

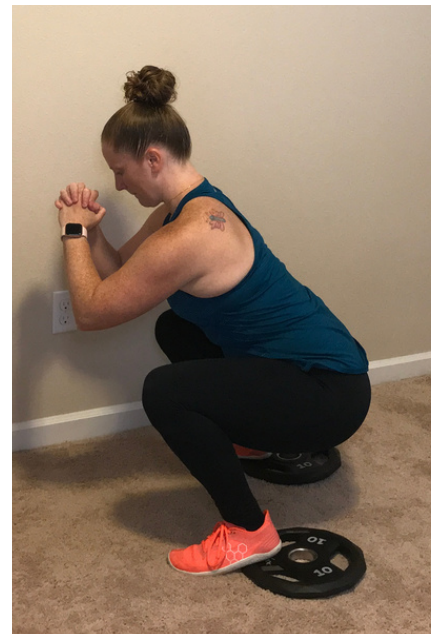
You can also try elevating your heels by standing with your heels on a bumper plate, small step, or riser. This will help your foot start in a more pointed position so that when your ankle bends, it won't be stopped at the end of its motion.



**SQUAT WITH
MINIMALIST SHOE**



**SQUAT WITH
HEELED SHOE**



**PLATE ELEVATED
SQUAT**

HIP MOBILITY DRILLS

In order for your hips to sink towards the floor in your squat, you need to have adequate hip mobility.

We recommend dynamic mobility drills to reduce stiffness and increase your range of motion BEFORE your squat and workouts. This means that you should be moving throughout the available range of motion in a slow pulsing pattern. For, example, you will move towards the end of your stretch, hold the position for 1-2 seconds, then release the end position before you repeat.

We prefer to do most of our static stretching AFTER our workouts in our cool down as static mobility drills can negatively affect your strength during the workout and increase your risk of injury. So instead of pulsing the movement during the dynamic warm-up, you should hold that end position of the stretch for 30-60 seconds.

Our favorite hip mobility drills include: (dynamic) figure 4 bridge, (static) piriformis stretch, and (static) deep hip flexor stretch.



HIP MOBILITY DRILLS



DYNAMIC FIGURE 4 BRIDGE

Begin lying on your back with knees bent towards the ceiling and your feet hip-width apart on the mat. Bring heels close to hips. Cross one ankle over opposite knee, creating a figure four shape with the legs. Press into grounded foot and lift hips towards the ceiling. Hold at the top for 1-2 seconds. Return to the floor and then repeat. Don't forget to perform this on both sides.

HIP MOBILITY DRILLS



STATIC DEEP HIP FLEXOR STRETCH

Begin in a half kneeling position with one knee bent in front of your body. Tighten your abdominals, tuck your tail underneath you, and gently push your hips forward. You should feel a stretch in the front of your hip.



STATIC PIRIFORMIS STRETCH

Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee. Pull your leg towards your chest until you feel a stretch and hold.

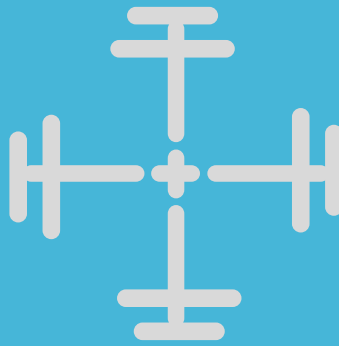
ANKLE MOBILITY DRILL



DYNAMIC ANKLE DORSIFLEXION GLIDE

If your ankle is stiff and immobile (particularly with dorsiflexion), the knee is unable to move forward over the toes and you are unable to get to the deepest portion of your squat. There are many ways to improve ankle mobility as it could be from a soft tissue restriction (tightness of muscles, tendons or ligaments), joint mobility problem (not enough space or appropriate alignment for the bones to move appropriately), or a combination of these!

Try this (dynamic) ankle dorsiflexion glide. Start with one foot on top of a box or chair. Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot. Hold for 1-2 seconds at end range, then release the stretch. Repeat the movement and make sure you do this on both sides!



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www.enhancedptwellness.com
jessicas@enhancedptwellness.com
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