# SQUAT MONTH GUIDE

Blonyx

October 2018

# WHAT IS SQUAT MONTH?

The squat is known as one of, if not THE GREATEST exercise movement out there. Not only is it beneficial to just about your entire body, it is one of the most frequently performed daily functions.

In CrossFit the squat, or one of its variations, can be seen in every WOD or program. From wall balls, box jumps, pistols and cleans to thrusters, snatches, air squats and back squats; learning or mastering the mechanics, movements and progressions of a squat is the foundation to quality training and increasing overall strength.

At Blonyx, we are NOT training and movement experts, so what we've done it put together a collection of some of the BEST training resources out there on everything squat related. Happy Squatting!

# A BRIEF HISTORY OF THE SQUAT

**1800s -** Eugene Sandow, known as the world's first bodybuilder releases his book, "Sandow's System of Physical Culture" where he introduced the squat as a form of exercise. Though he didn't quite call it a squat, his description of the movement holds true today. "*By bending the knees, dip the body in a vertical line to the heels, keeping the back straight and the chin drawn in. Recover and repeat the movement until the muscles ache."*

**Mid 1800s** - The first mention of the use of barbells for squatting was from a professional strongman, Hippolyte Trait, in France.

**1921 -** Until the 1920s, squats had been performed predominantly with dumbbells/barbells light enough that they could be cleaned and pressed onto someone's back and shoulders. In 1921, Henry 'Milo' Steinborn came over from Germany and brought with him his new method of squatting in which he would up-end the loaded barbell to one side. He then squatted sideways and slowly lowered the vertical bar onto his back to the top of his shoulders. As the bar lowered to his shoulders, he would drop into the bottom of the squat. From this bottom position, he would then stand up with the loaded barbell on his back. Using this method, Steinborn claimed he could squat 530 lbs.

**1930s** - Commercialized squat racks were becoming common fixtures in gyms and training halls.

**TODAY** -The squat and it's many variations are found in every training or fitness program. The squat is one of the most common exercise movements in the world.

# THE AIR SQUAT

## Why Do We Squat?

The onset of the industrial age, and the frequent use of desks and long periods of sitting has contributed to a loss of functionality and mobility around the hip and knee joint, which tends to be the root of many issues when squatting.

### *SQUATTING IS GOOD FOR YOUR JOINTS*

In the 2002 CrossFit Journal post entitled, "Squat Clinic", Greg Glassman states that "Not only is the squat not detrimental to the knees it is remarkably rehabilitative of cranky, damaged, or delicate knees. In fact, if you do not squat, your knees are not healthy regardless of how free of pain or discomfort you are. This is equally true of the hips and back." So while many people believe they are saving their knees by not squatting, they could actually be doing more harm than good.

### *SQUATTING BUILDS MUSCLE & INCREASES CORE STRENGTH*

Besides improving joint health, barbell variations of the squat are some of the best exercises for building muscle and increasing core strength. In Mark Rippetoe's book "Starting Strength", he breaks down why the squat is so effective: "The squat is so effective an exercise because of the way it uses the muscles around the core of the body….A correct squat perfectly balances all the forces around the knees and the hips, using these muscles in exactly the way the skeletal biomechanics are designed for them to be used, over the anatomically full range of motion. The postural muscles of the lower back, the upper back, the abdominals and the lateral trunk muscles, the costal (ribcage) muscles, and even the shoulders and arms are used isometrically. Their static contraction supports the trunk and transfers kinetic power from the prime movers to the bar. The trunk muscles function as the transmission while the hips and legs are the engine."

### *CROSSFITTERS DO IT ALL THE TIME*

Being proficient at the squat is key to success in CrossFit. The squat is the foundation of many CrossFit movements: wall balls, box jumps, cleans, thrusters, squat jerks, snatches, pistols, air squats, front, back and over head squats (and more). Learning proper movement patterns will help you move through your WOD or programming safely and efficiently and help you become a better overall athlete.

# AIR SQUAT: THE PERFECT AIR SQUAT

To master the squat, one must start with developing the PERFECT AIR SQUAT, the most basic and simple of all the variations. Check out the video below for tips to perfect your air squat.

The CrossFit instructional videos are some of the best when it comes to learning movement standards and basics. Some other great videos from CrossFit HQ include:

CrossFit's 9 Foundational Movements

Air Squats with Chris Spealler

Coaching the Air Squat with Adrian Bozman

The Air Squat with Matt Lodin

Squat Mechanics: A Deep Analysis

With the help of Greg Glassman's "Squat Clinic" article, there is a list of 23 essential cues to performing the perfect air squat. Grab your gym partner or coach and have them walk through the cues with you as you are performing air squats. Only once you are able to efficiently hit all of these cue while performing fast, multiple reps should you move on to weighted squats.

# AIR SQUAT PROGRESSIONS

Well known gymnastics and movement great Carl Paoli has put together a great progression series for the Air Squat, check out Part 1, Part 2 and Part 3.

Or Check out the Squat Progression Guide from Shane Trotter at Breaking Muscle

# AIR SQUAT: COMMON ERRORS & HOW TO FIX

While there are many cues you should be looking for while performing your squat, there are a few errors that seem to come up most often. We've outlined the most common errors, their causes or imbalances and some drills to help you improve them. Fixing the foundation of your squat will help you when it comes to putting heavier weight on the bar through the different variations.

| ERROR | CAUSE | REMEDY |
|---|---|---|
| Not going below parallel | Weak hip extensors, quad dominance | Box Squats, Pause Squats |
| Knees rolling or collapsing in | Weak adductors | Banded Squats |
| Rounding of the back | Tight hamstrings, weakness of erector muscles | Bar Holds, Overhead Squats |
| Heels coming off ground | Poor ankle mobility | Ankle Mobility Test |
| No hip extension at top | Muscle Memory, incorrect neurological pattern | Bar touches (find place on wall/bar and touch at the top of each rep to ensure full extension) |

***Other Resources:***

The 11 Worst Squat Mistakes and How to Fix Them, Erik Sandvik - T-Nation

Correcting the Loss of Lumbar Curve in the Squat, CrossFit

7 Squat Mistakes and How to Fix Them, Robbie Hudson - BoxRox

# AIR SQUAT: BASIC WARM-UPS & MOBILITY

Because a squat is perfected in and out of the gym, we've compiled a list (with links) of some key warmup and mobility drills for making your squat better:

- Foam Roll Quads (we know, it hurts - but it's so good!)
- Kneeling Glute Mobilization, Miguel Aragoncillo
- Rear-Foot Elevated Hip Flexor Dynamic Stretch, T-Nation
- Hands Elevated Static Spiderman Lunge + Hip Raise + Rotation, Miguel Aragoncillo
- Squat Stand + Reach with Toe Lift, Miguel Aragoncillo
- Alternating Forward Lunge with Overhead Reach - Samson Lunge

***Other Resources:***

Care for Your Quads, Cat Blatner - CrossFit Invictus

6 Secrets For a Supreme Lunge, John Gaglione - T-nation

The Five Minute Workout you Must Do Before Squats, Stack.com

How to Warm Up For Squats - Barbell Physio

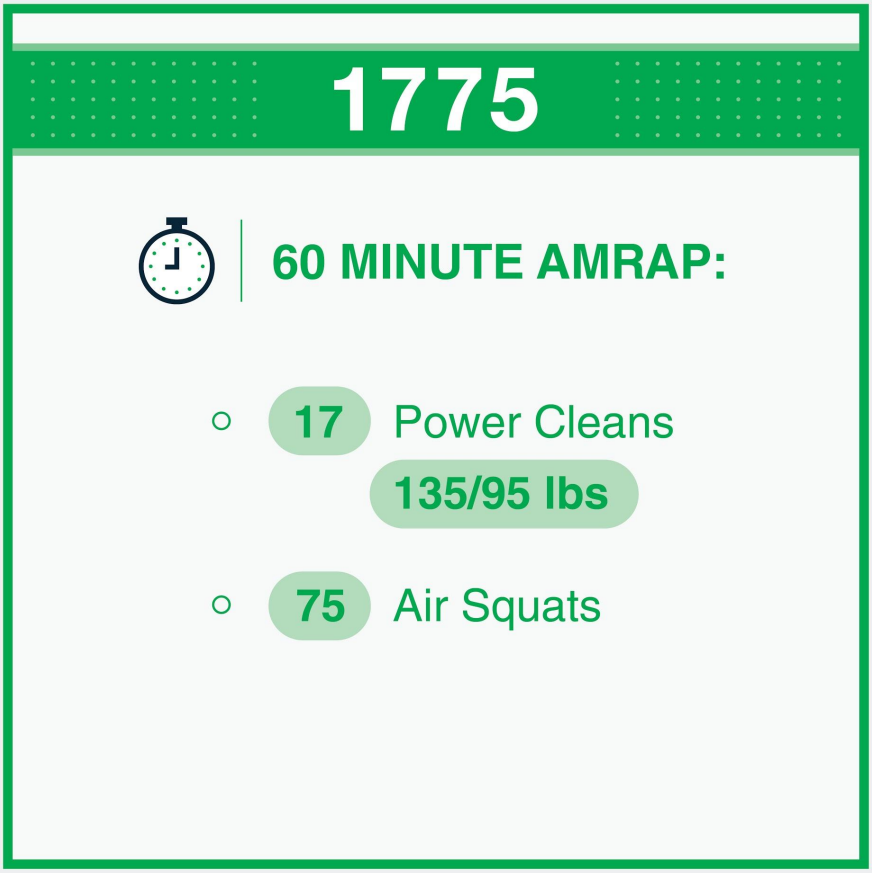
Glute Activation Warm Up For Squats and Deadlifts - T-Nation

Improving Squat Mechanics - Kelly Starrett, Mobility WOD

Open up Your Hips and Squat - Kelly Starrett, Mobility WOD

# AIR SQUAT: WORKOUTS

Now it's time to test out your perfect squat. The workout "1775" was created in celebration of the US Army's founding on July 14, 1775. This 60 minute AMRAP is 17 power cleans at 135/95 lbs  and 75 air squats, BUT there's a catch. After each set of air squats, unload the barbell and carry it 200 meters away. Return to the plates and then carry one forward to the barbell. Retrieve the second plate, carry it forward and reload the barbell for the next round.

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# BACK SQUAT

## Why Squatting Is Important in CrossFit

While the squat is a very important movement for everyone to become proficient at, it is especially important for CrossFit Athletes to master. The squat is found in many common CrossFit movements, such as wall balls, cleans, thrusters, squat jerks, snatches, pistols and obviously air squats, back squats, front and overhead squats. Learning proper movement patterns will help you to move through these movements with more safety and efficiency and become a better overall athlete.

## HIGH BAR VS LOW BAR

There is much debate when it comes to high bar vs. low bar squats.  The truth is that they are both beneficial variations, but have different purposes and benefits.

The high bar squat is used to emphasize quadricep strength since you can stay in a much more upright position. This is also the more common position for people with limited external rotation in their shoulders or thoracic spine extension and tends to be easier on the lower back. For these reasons, the high bar squat is more commonly found in people newer to squatting or people squatting for higher reps.

The low bar squat emphasizes the hips and low back since the body is more forward. The low bar squat is more commonly used when using higher loads and lower reps because the position brings more of the hips into the movements which tend to be more powerful. The low bar squat requires more shoulder and thoracic spine mobility than the high bar squat, but can also be better for people who lack ankle mobility because it is more of a hip-oriented movement.

***Other Resources:***

High- Bar vs Low-bar: Their Differences and When to Use them - Jake Boly, Barbend

Back Squat: High Bar vs Low Bar - Brute Strength

# THE PERFECT BACK SQUAT

The CrossFit instructional videos are some of the best when it comes to learning back squat foundation and techniques. Here are a few others:

CrossFit Back Squat Geometry

CrossFit - Back Squat Tips with Kelly Starrett

The CrossFit Journal - Squat Clinic

Squat Mechanics: A Deep Analysis


# STANCE & FOOT PLACEMENT

There is a lot of discussion in the CrossFit and lifting world around feet placement and stance in various lifts. Greg Everett of Catalyst Athletics states that we squat with a slight toe out to " allow the fullest hip range of motion possible, which means the greatest depth possible while maintaining proper spinal extension."

***Other Great Resources from Greg Everett on Stance, Movement and Foot Placement:***

The Olympic Weighting Squat

Dialing in Your Squat: Stance, Position and Movement

Proper Foot Position in a Squat

# SQUAT DEVELOPMENT RESOURCES

Squatting to Build the Olympic Lifts - Diane Fu, Barbell Shrugged

5 Ways to Push Past A Squat Plateau - Chet Morjaria, Breaking Muscle

Training Lessons with CrossFit Champion Jason Khalipa - Tim Ferriss

# BACK SQUAT: COMMON ERRORS & HOW TO FIX

| ERROR | CAUSE | REMEDY |
|---|---|---|
| Rushing Set Up/Lift off | Impatience or Lack of focus | Be more present and focus on your lift. Squeeze your glutes to put your pelvis in the right position, pull your rib cage down by flexing your core to ensure your midline is engaged, then take a big breath in. |
| Looking Up | Naturally your body wants to follow your eyes when moving, so when you look up your body wants to move up, but this can put large amounts of pressure on your upper back by curving your cervical spine | Try to look forwards during the whole movement, if this is difficult, find a spot on the wall that allows you to keep your neck in a neutral position and keep your eyes on it during the lift. |
| Rounding of the back | Tight hamstrings, weakness of erector muscles | Bar Holds, Overhead Squats |
| “Good Morning Squat” | This happens when your hips come up out of the squat before your chest, it forces you into a position similar to a good morning and typically stresses the lower back and forces you onto your toes, which stresses the knees. | Push against the bar with your upper back, this will force your back to stay in a more upright position. Another option is to front squat, in the front squat your midline is forced to be more active to keep the bar moving in a vertical path and to keep your chest up. |

***Other Resources***

How to Fix the Good Morning Style Squat - Breaking Muscle

The Back Squat Part 2: Targeted Training to Correct Functional Deficits and Technical Factors that Limit Performance - Kushner, et al.

# BACK SQUAT WARM-UPS & MOBILITY

When learning the back squat, many people struggle with hip mobility and tightness in the thoracic spine. Below, we have outlined some drills and stretches to help you increase your range of motion in these areas.

Active Spiderman Stretch

Goblet Squat Hold

Foam Roller Thoracic Extension

***Other Resource***

4 Hip Mobility Drills to Improve Your Squat - Movement As Medicine

How to Improve Thoracic Spine Mobility - Mark Sisson

The Best Darn Squat Mobility Article. Period. - Juggernaut

Kelly Starrett's Top 5 Tips for Mobility - Muscle & Fitness

Hip Prep - Kelly Starrett for CrossFit Journal

Super Squat Hip Sequence - Pre-Workout - Kelly Starrett, Mobility WOD

The Shoulder and The Back Squat Rack - Kelly Starrett, Mobility WOD

# BACK SQUAT WORKOUTS

This workout or challenge became popular when Rich froning posted about it on his Twitter in 2013. It involves placing a 135/95lb barbell (or whatever weight is manageable) on your back, playing the song “Flower” by Moby, Squatting down when it says “Bring Sally down” and coming back up when it says “Bring Sally up”. It may sound simple now, but give it a try and we guarantee you won’t be saying that after 3 minutes!

See NC Lab in action for pointers

# FRONT SQUAT

## Why the Front Squat is so Important

The front squat is an excellent variation of the squat, so why is the front squat less popular than the back squat? It's simple, people can lift more with less flexibility and core strength in a back squat, which happens to be the exact reasons why you SHOULD be front squatting.

***POSTURE***

A remedy for rounding the shoulders and back during a back squat is to do front squats. The front squat forces thoracic extension and recruits the muscles of the upper back to keep the bar moving in a vertical path. Without the engagement of these muscle groups, you will lean too far forward, putting pressure on your lower back and knees and the bar will simply fall to the floor.

***FLEXIBILITY***

The front squat position requires more flexibility and range of motion for several different areas including the lats, shoulders, wrists, hips, ankles and knees. When the barbell is loaded on the front of the body the pelvis is tilted backwards, this allows a greater range of motion at the bottom of the lift, requiring more flexibility in the hips, knees and ankles.

The front rack position requires mobility of the lats and shoulders, flexibility of the wrists and activation of the rotator cuff to maintain a solid position through the lift. During the front squat, your upper arm should be parallel to the ground, this means getting your elbows pointed as high as possible; without the required mobility in your shoulders and lats this position will be very difficult to achieve and will typically result in prematurely re-racking the bar or dropping it forward during a lift.

***FOR CROSSFIT***

The front squat is a valuable movement for any CrossFit athlete. There are a number of movements that utilize the front rack position, such as cleans, jerks, thrusters, and a number of other movements that benefit from an increased range of motion around the shoulder joint including pull ups, muscle ups, overhead movements and wall balls.

***MIDLINE STRENGTH***

Because of the stability required to keep the bar path vertical during the movement, the front squat requires more activation of the spinae erector and rectus abdominis muscles. In a study that compared trunk muscle activity when doing a front squat, back squat and military press, the erector spinae muscle activity was greatest during the front squat and rectus abdominis muscle activity was second greatest after the military press.

# THE PERFECT FRONT SQUAT

An excellent variation of the squat to build quad strength, improve posture when lifting, increase your range of motion when squatting and to build strength and stability around your mid line.

Check out the CrossFit HQ instructional video for cues and standards.

***Other Resources***

Front Squat vs Back Squat, Which One is Right For You - Tom Kelso, Breaking Muscle

5 Reasons You Should Be Front Squatting - Bryan Miller, CrossFit Invictus

Front Squat vs Goblet Squat - Dan Blewett, T-Nation

Front Squat Made Easier - Ben Bruno, T-Nation

# FRONT SQUAT: COMMON ERRORS & HOW TO FIX

While there are many cues you should be looking for while performing your squat, there are a few errors that seem to come up most often. We've outlined the most common errors, their causes or imbalances and some drills to help you improve them. Fixing the foundation of your squat will help you when it comes to putting heavier weight on the bar through the different variations.

| ERROR | CAUSE | REMEDY |
|---|---|---|
| Elbows not high enough | Inactive rotator cuff, tightness of shoulders and lats | Dumbbell external rotation, foam roller lat stretch, lacrosse ball shoulder roll |
| Rounding of shoulders | Limited mobility in thoracic spine and rotator cuff | Foam roller extensions, PNF intercostal stretch |
| Limited Grip | Inflexible wrists, right forearms, triceps and lats | Remove a finger or two to allow your elbows to stay up |

***Other Resources:***

Fix Your Front Squat - T-Nation

Cool Diagnostic Tests - T-Nation

Troubleshooting the Front Squat - Ben Bruno, T-Naiton

# FRONT SQUAT: WARM-UPS & MOBILITY

A good front squat is determined by your front rack position, if you're not able to hold the weight in a front rack position there is a good chance you will not be able to stay upright during the movement, resulting in a failed rep or extra stress on your back and knees.

Below we outline 3 areas to focus on to improve your front rack position

1. Improve flexion/extension

   3 Simple Ways to Improve Your Front Rack Mobility - Hin Lai, Box Rox
   Solving Front Rack Problems - Kelly Starrett, Mobilitiy WOD

2. Decrease tension in the shoulders/lats

   Tight Shoulders? Clean Up Your Lats - Kelly Starret, Mobility WOD
   Lat Hell - Kelly Starrett, Mobility WOD

3. Improve thoracic position

   Improving Thoracic Position For the Front Rack, Squat Rx

Other Resource

Front Squat: Mobility - Steve KPA, Tabata Time

5 Drills to Improve Your Front Rack Position - Mike Dewar, BarBend

If Your Front Rack Melts like Butter, Try Some Front Rack Holds - Diane Fu, FuBarBell

# FRONT SQUAT: WORKOUT

"The ADMIRAL" is a great workout to test your front rack endurance. To maintain proper form, break up the sets appropriately. Don't wait until your elbows start dropping and back starts rounding to break up the sets. Next time you do the workout, try to do larger sets while still maintaining proper form, until you eventually work up to unbroken sets.

## THE ADMIRAL

3 | **3 ROUNDS FOR TIME:**

- 20 Burpee Pull-Ups
- 20 Front Squats 155/105 lb
- 20 Box Jumps 24/20 in

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# OVERHEAD SQUAT

## WHY YOU SHOULD OVERHEAD SQUAT

In his CrossFit Journal Article, "The Overhead Squat", Greg Glassman states that "the overhead squat is the ultimate core exercise, the heart of the snatch, and peerless in developing effective athletic movement." If this is true, then why is it such a rarely used exercise in gyms around the country? We believe there are 3 main reasons people aren't doing them.

### *1. LACK OF SKILL / EFFECTIVE COACHING*

For many people, the first time they overhead squat is in a weightlifting gym or a CrossFit affiliate. Even with coaching, many people struggle with the posture, movement, stability and mobility that a overhead squat requires.

### *2. A WEAK OR INEFFICIENT SQUAT*

To master the overhead squat you must have a solid base to build on, and if your air squat or back squat is too weak or you have learned incorrect movement patterns, it will be much harder to learn the overhead squat with correct movement patterns.

### *3. STARTING WITH TOO MUCH OR RUSHING TO PUT WEIGHT ON THE BAR*

Compared to other variations of the squat, the overhead squat requires much more mobility in the shoulders, thoracic spine and ankles, which people tend to lack when they start lifting. While it may be tedious, the proper way to learn the overhead suwat is with a pvc pipe or broomstick and then slowly adding weight to a barbell once you can maintain perfect form with the previous weight.

### 7 STEPS TO LEARNING THE OVERHEAD SQUAT

1. Start with a dowel or pvc pipe
2. Learn pass throughs or shoulder dislocates
3. Be able to perform pass throughs at any point during the squat
4. Learn to find frontal plane at every position during the squat
5. Start with the dowel as high as possible in the frontal plane.
6. Lower to the bottom of a squat keeping the dowel in the frontal plane the entire time
7. Practice regularly and slowly increase load

# THE PERFECT OVERHEAD SQUAT.

These cues should be kept in mind when attempting the perfect overhead squat:

- Shoulder width stance
- Wide grip on bar
- Shoulders push up into the bar
- Armpits face forward
- Hips descend back and down
- Hips descend lower than knees
- Lumbar curve maintained
- Heels Down
- Bar moves over middle of foot

***Overhead Squat Resources:***

The Overhead Squat: What is it Good For - Cassie Smith, Bodybuilding.com

The Two Kinds Of Squat You're Not Doing - Lee Boyce, T-Nation

6 Tips to Develop The Overhead Squat - BoxLife Magazine

Overhead Squat Therapy - CrossFit

CrossFit - Coaching the Overhead Squat with Justin Bergh - CrossFit

The Overhead Squat with Chris Spealler - CrossFit

The Overhead Squat - Greg Glassman, The Crossfit Journals

# OVERHEAD SQUAT: COMMON ERRORS & HOW TO FIX

| ERROR | CAUSE | REMEDY |
|---|---|---|
| Hawk Squat or Reach back or Excess forward lean | Tight ankles and thoracic spine doesn't allow knee to track over the toes which causes hips to move too far back, through off the center of the mass | Reduce weight to a dowel or pvc pipe, work through steps of learning (or relearning) the overhead squat. Add weight only when overhead squat can be done with current weight |
| Heels lifting off the ground | Lack of ankle mobility | Ankle mobility test |

***Other Resources:***

Core Strength: Learning the Overhead Squat - Travis Brown, Core Training

Common Faults in the Overhead Squat - Paradiso CrossFit

Is it Your Shoulders: Quick Test - Kelly Starrett, Mobility WOD

Scapular Mobility - Kelly Starrett, Mobility WOD

4 Common Errors In The Overhead Squat - Spencer Garnold

# OVERHEAD SQUAT WARM-UPS & MOBILITY

Warming up and doing mobility exercises is more important than ever in the overhead squat. Not only are you doing your basic squat warm ups, it's key to focus on shoulders, lats and arm stretches as well. Here are a few that should help:

Banded calf stretch

Banded ankle mobility drill

Banded pigeon stretch

Banded tricep stretch

Banded lat stretch

***Other Resource***

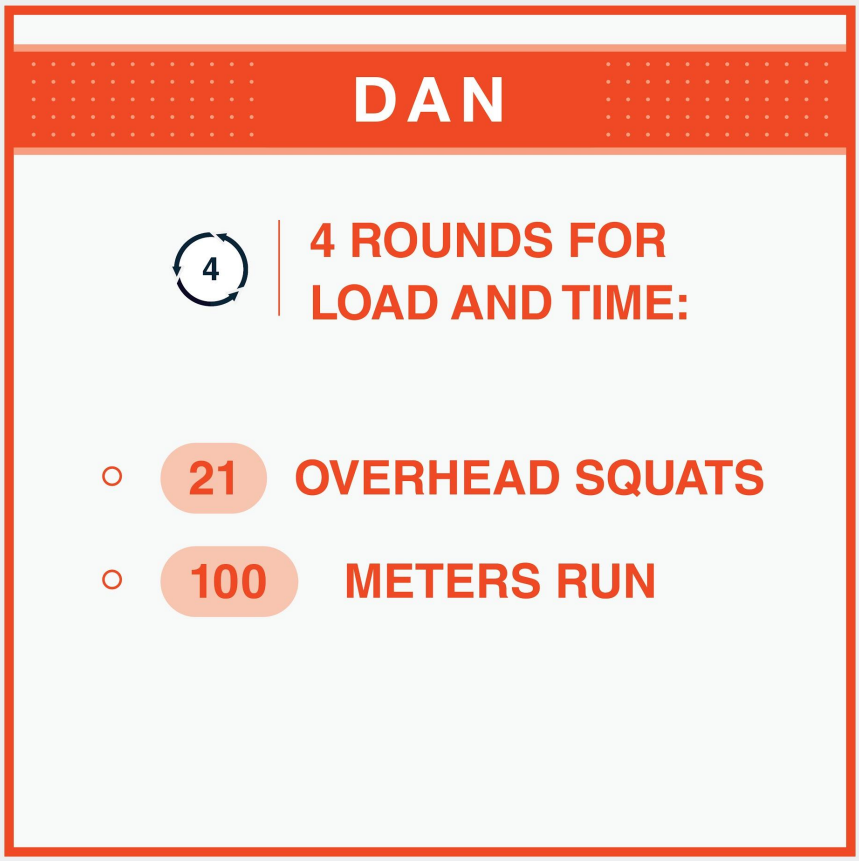
How to Overhead Squat and Top 3 Mobility Drills - BarBell Shrugged

How to Improve Your Overhead Squat WIth T-Spine Mobility Drills - TechniqueWOD

Real World Overhead Mobility for Weightlifting - Greg Everett, Catalyst Athleteics

# OVERHEAD SQUAT WORKOUTS

This workout tests your efficiency in the overhead squat but also allows you to choose your own weight. Your score is load and time as pounds per second (ex. If you did it at 135lbs and it took 13:05 your score would be 135/785= 0.172lbs/sec). Remember to choose a load that allows to to complete at least half of the reps in each set unbroken with correct form. Next time you do the workout, try to do them all unbroken, increase your load or go quicker on the runs to make it more difficult.

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# PISTOL SQUAT

## WHY LEARN OTHER VARIATIONS LIKE THE PISTOL?

If you're a crossfitter you know that pistols come up in many benchmark, hero and regionals/games WODs and they are a valuable movement to learn if you're looking to Rx you workouts. Outside of that, are they a good movement to learn? OF COURSE THEY ARE! Pistol squats can be used to maintain leg strength, flexibility, and health. They help to activate the hip and knee joints and if that wasn't enough, they can be done almost anywhere with no equipment necessary.

Unfortunately, many people lack the mobility, strength or balance required to perform a pistol squat. Read more about the benefits here.

## THE PERFECT PISTOL SQUAT

The following cues are based on CrossFit's definition of a pistol:

- Balance on one leg, with the non-working leg in front of the body
- Standing leg hip descends back and down
- Standing leg hip descends lower than knee
- Standing leg knee stands in line with toes
- Standing leg heel stays down
- Non-working leg does not touch the ground
- Complete the full hip and knee extension of standing leg
- Keep the chest up as much as possible


***Other Resources:***

Scaling the Pistol - CrossFit

Breaking Down the Single Leg Squat - Ben Bruno, T-Nation

Breaking Down the Pistol Squat - Tom Furman, T-Nation

# PISTOL SQUAT: COMMON ERRORS & HOW TO FIX

| ERROR | CAUSE | REMEDY |
|---|---|---|
| Heel comes up off the ground | Ankle Mobility | Banded Ankle mobility drill |
| Collapse at the bottom | Not controlling the descent | Work on slow negatives onto a box, very controlled |
| Falling backwards | Lack of strength | Go back one progression, work on building strength before moving back up |

## Pistol Progressions

Since the pistol is a difficult movement for many people to master, there are many progressions and ways to scale it. To build a strong base and correct movement patterns master each progression before moving to the next; you should be able to complete multiple sets of multiple reps correctly before moving on to the next progression.

1. Air squat with a narrow stance
2. Pistol onto a box
3. Pistol with pole assist
4. Pistol with band assist (across rack or hanging down)
5. Counterbalance with weight
6. Pistol on top of a box (leg hanging over side)
7. Pistol Squat

Other Resources:
Carl Paoli has put together another great set of videos outlining the Pistol Progressions - Check them out:

Part 1, Part 2, Part 3, Part 4

# BASIC SQUAT WARM-UPS & MOBILITY

Unlocking Your Hips for Pistol Squats - Benji Williford

Mobility Monday, Improving Your Pistol Squat - Amanda Perry, Skills of Strength

How To Pistol Squat - Lesson 1 - School of Calisthenics

Fix Your Ankle Mobility, Fix Your Squat - Dean Graddon, T-Nation

# PISTOL SQUAT WORKOUTS

Mary is one of the classic Girls WODs and is like Cindy's older sister. This will test your muscular endurance when it comes to pistols. Remember, if you cannot perform them correctly for the duration of the workout or you can tell your form is compromised, move back one progression.

## MARY

**20 MINUTE AMRAP:**

- 5 Handstand Push-Ups
- 10 Pistols (alternating legs)
- 15 Pull-Ups

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# WHY BLONYX

Blonyx is founded on our belief that the supplement industry needs to change. An industry with foundations in science has now become driven by marketers who push the boundaries of the word “proven”, manufacturers who cut corners to compete on price, and celebrity athletes that will promote almost anything if they are paid enough.

The athletes we sell to put their trust in us when using our products. Blonyx is about respecting the trust given by producing simpler products with solid scientific backing, and promoting these with integrity. How the industry should be.

Blonyx is built on three promises to the athletes we serve: **SIMPLICITY** in product, **DEPTH** in science and **INTEGRITY** in marketing.

### SIMPLICITY

As an athlete you should know what ingredients you are putting in your body and why. We promise to keep our products simple and understandable to support this. This also means avoiding the inclusion of unnecessary additives such as sweeteners of flavourings. We work to clean up our diet, why not our supplement additives too?

### DEPTH

Science is the engine behind our business, our guiding pillar. Our promise is to only produce products that are backed by significant and relevant science. Each of our ingredients has at least 10 published research studies on exercising human subjects backing their effectiveness. No Pseudo-science, not false claims.

### INTEGRITY

We believe in the importance of being true to our athletes. We focus on education and honesty rather than marketing hype to sell our products. Our claims are clear, accurate and backed by science. We will always be upfront on our labels, we will never undersell on dosage or supply to cut our pricing.

## PRODUCT PROMISE

We go out of our way to ensure our products are of the highest quality. This means manufacturing in the best manufacturing facility we could find (GMP, NSF for sport, Informed Choice) and testing our finished products to ensure they meet our purity standards, are free of banned substances and meet label claims. We do this out of respect to the athletes we serve.

# OUR PRODUCTS

## HMB + CREATINE

HMB and creatine are two of the most researched supplement ingredients proven to improve athletic performance by speeding strength development and muscle repair in training athletes.

HMB is important in muscle health. It is stored in the muscles and used to build, maintain and repair muscle cells. Creatine is stored in the muscle and acts as a very rapid, but limited source of energy for very high intensity muscle contractions.

# OUR PRODUCTS

## HMB SPORT

HMB sport contains nothing but the extensively researched ingredient HMB, shown to increase overall training performance. HMB is needed by the body to protect and repair muscle tissue. It is thought to do this by slowing muscle protein breakdown and speeding protein synthesis, and also by preserving the structural integrity of your muscle cells.

# OUR PRODUCTS

## BETA ALANINE

BETA-Alanine increases muscular endurance during short to mid-range, high-intensity training. It is ideal for athletes wanting to squeeze a few extra reps out of a 10+ rep set or a few more meters / calories from their short interval sprints.

High-intensity training causes a buildup of lactic acid in the muscle, resulting in a burning sensation in the muscle, a loss of power and eventually fatigue. In muscle cells, BETA-Alanine is combined with the amino acid histidine to create carnosine. Carnosine buffers lactic acid buildup slowing the onset of fatigue.

Use the Code: SQUATMONTH10
At the checkout to receive 10% off today!

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Blonyx