



Welcome to this week's edition of Performance Matters. I know you're just dying to know what this week's topic is all about. We're going to discuss one of the very best lower body exercises for improving athletic performance.

THE SQUAT

See the squat video here <https://www.instagram.com/franusfitness/>.



There are many types of squats: air squat, box squat, goblet squat, back squat, front squat, overhead squat. During the next few weeks, we'll break things down and talk about how to squat correctly. This is imperative for the athlete to learn. Poor squatting mechanics and missing ranges of motion can lead to back, hip, knee, and ankle pain.

Today's Topic: Squat Stance

For athletic performance, you'll need a stance that expresses a full range of motion as well as one that transfers to other athletic movements. For most, positioning the feet just outside the shoulders will accomplish this. This all

purpose squat stance is applied in many sports. In baseball (the best sport), picture a runner leading off of a base or a catcher behind the plate. Establishing this squat stance position will allow you to practice good form.

Next week we'll dive into some of the other valuable principles of squatting.

Until then, train smart and I'll see you at the park.

Faithfully Fit,

Keith Franus