

Personal Training by Robert J. Bovee

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HACK SQUAT

A. Emphasis. The primary muscles stressed in this movement are the muscles in your upper leg (thigh, hamstrings, and buttocks). The secondary muscles stressed are three of our stomach muscles and lower back.

B. Starting Position. Lay on the machine with your shoulders up against the shoulder pads and your feet on the platform. Push up against the shoulder pads until you are in a standing position. Flip the side handles in and hold them until you have completed the exercise.

C. Movement. While bending at the hips and knees, take **2 to 3** seconds to lower the weight down until your knees are at **90** degrees or as specified by your trainer. Press up through the heels of your feet to the starting position. Squeeze your abdominals, quadriceps and glutes hard before repeating the movement.

D. Training Tips.

- 1) Contract your abdominals throughout the entire movement. This will help support your lower back.
- 2) If you do not have a problem with your knees you can perform this exercise at **90** degrees. This incorporates more work from the hamstrings and glutes.
- 3) Your feet can be placed closer to or over the top of the platform allowing you to keep your knees over your heels. This reduces the stress placed on your knees.

E. Options.

There are **3** stances that can be used for this exercise.

- 1) **Close Stance** - The feet are placed **1 to 2** inches apart. Concentration is on the Vastis Lateralis (outer thigh).
- 2) **Medium Stance** - The feet are placed shoulder width apart. Concentration is on the entire quad, hamstring and glutes.
- 3) **Wide Stance** - The feet are placed just outside the width of the shoulders. Concentration is on the Vastis Medialis (inner thigh).

F. Warning Tips.

- 1) **Do not** let your hips come off the pad or arch your back at any time during this movement. This can cause serious injury to your back.
- 2) **Do not** let your heels rise up off the platform and do not let your knees move into a position where they are farther forward than your toes. This can cause serious injury to your knees.
- 1) **3) Do not** lower the weight any faster than **2 to 3** seconds. You must be in control at all times. The faster you perform this movement, the less control you will have which will increase your risk of injury.
- 3) **Do not** lock out your knees. This can cause serious injury to your knees.