



10 Tips on How to Increase your Back Squats

1. Learn Proper form/ technique before loading the bar with heavy weights or testing a 1 rep max. Do not waste time doing pointless one rep maxes that are too heavy and you have a spotter who is doing the work. It is pointless. You need to move the weights not them. Learn to squat to depth before you add weights. Learn how to squat properly to a minimum of 90 degrees from the side with bodyweight before you even do weighted squats. Cheating depth on a squat is worse than cheating depth on a bench press (can you imagine doing a 1/4 range of motion bench press it would look horrendous this is how some squat depth look)
2. Slow down the control of the eccentric (downward towards the floor) portion of the reps. 1-2 seconds of control over the weight then explode up.
3. Focus on progressive overload in the rep ranges of 3-5, and 5-12 reps. Meaning each week you would work towards lifting heavier weights in those set rep ranges.

