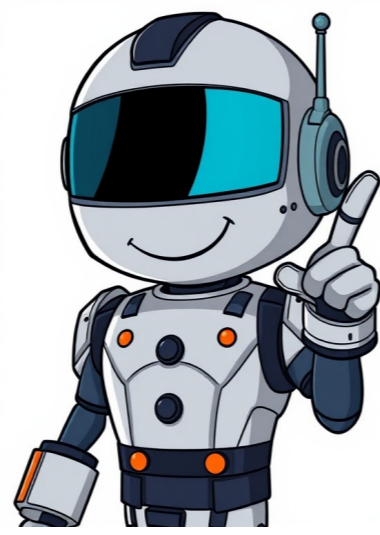


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As a physical therapist, coach, and certified strength and conditioning specialist, Dr. Aaron Horschig began to notice the same patterns in athletes over and over. Many of them seemed to pushed themselves as athletes in the same ways they push themselves out in the real world. Living in a performance-based society, Dr. Horschig saw many athletes who seemed to not only want to be bigger and stronger but to get there faster. This mentality ultimately led to injuries and setbacks, preventing athletes from reaching their full potential. Now, after developing unique and easy-to-use techniques on how to train and move well, Dr. Horschig shares his invaluable insights with readers in **The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength**. This detailed plan enables you to unearth the various weak spots within your body—the areas that leave you in pain and hinder your ability to perform—and completely change your approach to athleticism. Discover new strength, new power, and astounding potential you never knew you possessed. As the founder of SquatUniversity.com, Dr. Horschig knows that when you transform the way you work out, you transform your body—and your life. Jump to ratings and reviewsAs a physical therapist, coach, and certified strength and conditioning specialist, Dr. Aaron Horschig began to notice the same patterns in athletes over and over. Many of them seemed to pushed themselves as athletes in the same ways they push themselves out in the real world. Living in a performance-based society, Dr. Horschig saw many athletes who seemed to not only want to be bigger and stronger but to get there faster. This mentality ultimately led to injuries and setbacks, preventing athletes from reaching their full potential. Now, after developing unique and easy-to-use techniques on how to train and move well, Dr. Horschig shares his invaluable insights with readers in **The Squat The Ultimate Guide to Mastering the Squat and Finding Your True Strength**. This detailed plan enables you to unearth the various weak spots within your body—the areas that leave you in pain and hinder your ability to perform—and completely change your approach to athleticism. Discover new strength, new power, and astounding potential you never knew you possessed. As the founder of SquatUniversity.com, Dr. Horschig knows that when you transform the way you work out, you transform your body—and your life. GenresFitnessHealthNonfictionSportsReference 333 people are currently readingDisplaying 1 - 30 of 48 reviewsJune 3, 2024May 22, 2017The best breakdown of the squat I've readThis book is worth the read. It breaks down the movement in both intuitive and scientific ways in order to provide a clear and realistic means for analysis by coaches as well as personal development by athletes. Plus, the bit of science in the last chapter is totally worth it as a quick introduction to kinematic systems. November 21, 2022Reread this after reading the author's newer book Rebuilding Milo. This is still a great book, but I recommend getting the Milo book instead. January 3, 2019I own a small home gym on where friends who want to get in shape decide to go to train. I also live in Mexico so squats and deadlifts are not pretty popular over here, therefore, coaches that properly teach the technique to execute the movements correctly for drug free people, and specially non-athletes who want to make a positive change in their lives is not very common over here. This book helped me correct and coach these individuals to a point where they went from not training at all, to perform squats with proper form with almost twice their bodyweight at the comfort of my home, no injuries no drugs and steady progress. This is a must read to any individual who wants to coach other people, or self-teach the art of squatting safely. The book contains concepts to understand what might be causing limitations in movement and how to fix it, how to identify weaknesses, and how to perform corrective exercises to improve mobility for different types of squats such as the overhead squat, front squat, high bar squat, low bar squat and so on. Very useful. August 4, 2019Interesting and well written book, content-wise at least. There were plenty of typos in the German Kindle edition. Also some pictures are wrongly labelled and I did not understand the difference between the two biophysical analyses in the last chapter and I wonder whether it is because of something having been accidentally omitted. I will think further about it ... As I really like the insight given in this book, I hesitate to take a star off and give it all the 5 stars. Exercise science is an area with many myths and plenty of wrong information. So, I think it is great to see a book of such a good quality! Plenty of references, well researched, well explained and good exercises. Reading it helped me even to understand foam rolling better! April 26, 2024This was a really informative book. I read it to learn more about how the different parts of my body work together to create powerful squat-type movements, with the intent to apply my learning to playing roller derby. I learned a lot about mobility through the multiple screenings described by the author, and I found that I do not have mobility issues. I found the "joint by joint" concept to be quite illuminating for understanding stability. As I am not very familiar with the sport of competitive weight lifting or powerlifting, I never did understand some of the different terms ("clean" and "snatch") used by the author. After reading this book, I feel my squat form has improved, and I am working on the pistol squat progression. October 16, 2020Compact yet has exactly what you need to know about Squatting! This book has helped me tremendously with my squats. I've always hated and sucked at squats until recently. Along with this book, I've watched some Squat University videos that together helped correct my form. My form on squats are looking much better thanks to the author. It's an interesting read. I wondered how a whole book could be about squatting alone but this book contains really all the details you can learn from reading (with the rest coming from actual consistent training). If you hate squats or squats aren't your forte, I strongly recommend this book! September 13, 2019The Best Yet!!! Wow wow wow.... I have read books before, but this one takes the informative cake! This books goes in-depth and break down the body and how the High, low, and back squat together beautifully. This book is a must have for anyone looking to take their squat mechanics to a much higher level, oh and by the way it's not just squat mechanics but body mechanics as well as injury prevention and recovery... if you are a serious lifter or coach get this book... LETS GO!!! December 23, 2024The main takeaway is strength conditioning is not about how much weight we can move, but how strong our movement is. It does no good to squat 400 lbs. if we're not performing the proper movement. Who cares how much weight you can rack if you get injured and can no longer train. This book is good primarily for those seeking to improve their squat form, or those seeking to teach proper squat techniques. This is not a book for those wanting ideas for exercising, or how to make a solid exercise routine. To be honest, it would be better as a YouTube video series than it is as a textbook. December 18, 2020Helpful for improving squats! I have been having trouble with my squats, specifically I could not squat deeply, and my knees hurt. This book provides detailed instructions on proper technique for bodyweight squats, pistol squats, and barbell squats. It also addresses why I was having trouble (my ankles and hips) and provides specific exercises and stretches to remedy the weaknesses. I can already see and feel improvements in my squats. Highly recommend. January 9, 2021I really enjoyed this book and it very clearly went through the importance of the various muscle groups. The unpacking of the instability and weaknesses that can lead to joint pain is widely applicable and not just limited to those who lift. In these days of lockdown, hip and back pain due to sitting for so long, can be eased with appropriate exercise and stretching, which this book contains. I'm looking forward to his next book - rebuilding Milo. August 9, 2022Most of the content is not related to squat, but overall body/joint mobility. Those it not essential necessary for doing a proper squat. For a better description of how to perform a correct squat, along with other compound movements (deadlift, overhead press, bench press, power clean), buy Starting Strength. October 19, 2021Aaron 'Puto Amo' Horschig, el hombre más apasionado del mundo por las sentadillas, demostrando una vez más que los fisios somos profesionales del ejercicio terapéutico y siendo esta nuestra principal herramienta de trabajo. Si alguna vez me dejo caer por su clínica le facilitaré en persona por su contribución a mi práctica clínica. 150 páginas de pura maravilla, libro corto pero contundente. July 10, 2019Learning the basic squat moves will help you in every day life. This book focuses on the movement, not the weight. Lots of simple, but effective exercises to address strength and mobility issues before you ever pick up a weight. Great if you're coming off an injury too. January 2, 2021The book is not all about squats, despite that this is the main topic. There are lots of important concepts described, that I will for sure get back to multiple times at a later stage when weightlifting. May 28, 2022Skvělá kniha o jednom jediném cviku - dřepu. Do detailu rozebrané jednotlivé složky polohy včetně všemožných mobilizačních progresí. Bez křečávek a zbytečné vaty. Vše jednoduše a názorně popsáno a vysvětleno. english exercise format-electronic February 1, 2025Un libro muy didáctico sobre un movimiento fundamental de la vida o a la vez, uno de los ejercicios más relevantes del entrenamiento de fuerza de tren inferior. Mezcla la teoría más actual con una larga trayectoria y experiencia en el mundo del weightlifting. Muy recomendado para entrenadores. October 22, 2017Great read. Great tool for coaches & clinicians. Easy reading to refer patients and clients onto to gain a better understanding. Cheers May 1, 2018Wealth of information... February 28, 2019Great book. Filled with a ton of useful & practical information. The author, Aaron Horschig, uses his expertise to deliver a book that all athletes should read & use as reference material. August 27, 2019Giving 4 stars not for the content but the value for money. It's a great book. Gives precise guidance. A must buy for everyone who has started to workout! March 17, 2020Very clear and understandable for everyone. Even experienced physical therapists can learn a lot from this book both for diagnostic and therapeutic purposes. March 30, 2020World class all the way around. August 5, 2020Excellent, practical and easy to follow guide. It is also useful as general reading for people who have sedentary jobs and lifestyles. December 22, 2020Great book full of lots of practical information for an S&C coach aiming at improving movement and assessing areas of improvement for a squat. Displaying 1 - 30 of 48 reviews Get help and learn more about the design. The Squat Bible, written by lead author Dr. Aaron Horschig is a must read for any coach, athlete, or fitness professional utilizing a squat variation in their programming. Regardless of years under a bar or coaching experience, the information in this book will help you both the reassurances that you are on the correct path and simple "nuggets" to help improve the technical efficiency of this popular movement. As some of you may know, I have been utilizing the 3 C's concept to evaluate one's exercise technique. These are Corrosive, Competent, and Competitive. Dr. Horschig speaks about movement competency early in his book and how we have allowed athletes to sacrifice efficient movement in order to perform. Let's remember inefficient or corrosive technique increases risk of injury and decreases potential transfer to athletic traits. The book is simply written, very well organized, and a simple read. These are critical keys to me in my ability to comprehend the information presented and apply the information to my athletes. I really liked how each basic squat movement was broken down technically (Back, Front, Overhead), in particular, the slight differences between a bodyweight squat compared to a loaded squat. The key to this book in my opinion is the individual chapters of squatting based on a joint by joint approach. I was impressed by Dr. Horschig's detailed analysis of each joint from foot to shoulder, its importance to an efficient squat and the corresponding correctives movements to help areas of inadequacies. This is something I must commit to doing a better job of being educated on. It's funny that the number one point that has resonated with me as a coach and lifter from the book was very early on when Dr. Horschig wrote about the "Tripod Foot". Most of us have discussed the importance of the foot being grounded into the floor while squatting, but the three points of contact emphasis was a genius point to me. Maybe this is a term I just missed out on and I am behind the times, but I don't care, I love that one. To wrap it up this book is well worth the investment. I promise you will learn something too help improve this giant of strength exercises. Rating = 2 Thumbs Up ? ? and Double Words Win Have a question or a request? You can always hit "reply" to any of our emails, or use the feedback widget at the bottom! In cases where we've already covered something, we might link to what we wrote before, but will always be happy to revisit any of our topics again in the future too—there's always more to say! As ever: if the question/request can be answered briefly, we'll do it here in our Q&A Thursday edition. If not, we'll make a main feature of it shortly afterwards! So, no question/request too big or small After yesterday's issue of 10almonds covering breast cancer risks and checks, a subscriber wrote to say, with regard to our opening statement, which was: "Anyone (who has not had a double mastectomy, anyway) can get breast cancer" "I have been enjoying your newsletter. This statement is misleading and should have a disclaimer that says even someone who has had a double mastectomy can get breast cancer, again. It is true and nothing...nothing is 100% including a mastectomy. I am a 12 year "thrivor" (I don't like to use the term survivor) who has had a double mastectomy. I work with a local hospital to help newly diagnosed patients deal with their cancer diagnosis and the many decisions that follow. A double mastectomy can help keep recurrence from happening but there are no guarantees. I tried to just delete this and let it go but it doesn't feel right. Thank you!" Thank you for writing in about this! We wouldn't want to mislead, and we're always glad to hear from people who have been living with conditions for a long time, as (assuming they are a person inclined to learning) they will generally know topics far more deeply than someone who has researched it for a short period of time. Regards a double mastectomy (we're sure you know this already, but noting here for greater awareness, prompted by your message), a lot of circumstances can vary. For example, how far did a given cancer spread, and especially, did it spread to the lymph nodes at the armpits? And what tissue was (and wasn't) removed? Sometimes a bilateral prophylactic mastectomy will leave the lymph nodes partially or entirely intact, and a cancer could indeed come back, if not every last cancerous cell was removed. A total double mastectomy, by definition, should have removed all tissue that could qualify as breast tissue for a breast cancer, including those lymph nodes. However, if the cancer spread unnoticed somewhere else in the body, then again, you're quite correct, it could come back. Some people have a double mastectomy without having got cancer first. Either because of a fear of cancer due to a genetic risk (like Angelina Jolie), or for other reasons (like Elliot Page). This makes a difference, because doing it for reasons of cancer risk may mean surgeons remove the lymph nodes too, while if that wasn't a factor, surgeons will tend to leave them in place. In principle, if there is no breast tissue, including lymph nodes, and there was no cancer to spread, then it can be argued that the risk of breast cancer should now be the same "zero" as the risk of getting prostate cancer when one does not have a prostate. But... Surgeries are not perfect, and everyone's anatomy and physiology can differ enough from "textbook standard" that surprises can happen, and there's almost always a non-zero chance of certain health outcomes. For any unfamiliar, here's a good starting point for learning about the many types of mastectomy, that we didn't go into in yesterday's edition. It's from the UK's National Health Service: NHS: Mastectomy | Types of Mastectomy And for the more sciency-inclined, here's a paper about the recurrence rate of cancer after a prophylactic double mastectomy, after a young cancer was found in one breast. The short version is that the measured incidence rate of breast cancer after prophylactic bilateral mastectomy was zero, but the discussion (including notes about the limitations of the study) is well worth reading: Breast Cancer after Prophylactic Bilateral Mastectomy in Women with a BRCA1 or BRCA2 Mutation That's a great topic, worthy of a main feature! Because in many cases, it's not just about specialization of skills, but also about empathy, and the gap between studying a condition and living with a condition. About arthritis, we're going to do a main feature specifically on that quite soon, but meanwhile, you might like our previous article: Keep Inflammation At Bay (arthritis being an inflammatory condition) As for homeopathy, your question prompts our poll today! (and then we'll write about that tomorrow) Intro>Welcome to my blog, where we explore the world of fitness, strength, and mobility. Today, I'm excited to dive into "The Squat Bible" by Dr. Aaron Horschig, a book that has taken the fitness community by storm. If you're looking to enhance your squat technique, prevent injuries, and unlock your full potential in the gym or on the field, this book might just be the holy grail you've been searching for. Let's dissect this gem of a book and find out why it's become a game-changer for athletes and fitness enthusiasts. Author Background: Dr. Aaron Horschig, the brains behind "The Squat Bible," is a Doctor of Physical Therapy, competitive weightlifter, and experienced coach. With his deep knowledge of biomechanics, human movement, and strength training, Horschig is exceptionally qualified to guide readers in perfecting their squat. He combines his professional expertise with a passion for helping people reach their fitness goals, making this book a potent resource for anyone looking to enhance their squatting prowess. Book Structure: "The Squat Bible" is thoughtfully structured, offering a systematic and practical approach to improving your squat. The book is divided into four parts, each focusing on specific aspects of the squat: Part I: Foundation This section lays the groundwork by explaining the science behind the squat, including anatomy and biomechanics. Horschig takes a deep dive into the importance of proper form and the key muscles involved in the squat. Part II: Air Squat The author transitions from theory to practice in this section, guiding readers through the air squat - a foundational bodyweight squat. He provides step-by-step instructions, along with valuable cues and mobility drills to help you perfect your technique. Part III: The Squat This is the heart of the book, where Horschig explores various squat variations, including the back squat, front squat, and overhead squat. Each chapter is filled with detailed instructions, common mistakes to avoid, and practical mobility exercises. Part IV: Problem Solving The final section tackles common issues and limitations that can hinder your squat performance. Horschig offers solutions to address mobility restrictions, strength imbalances, and technique problems, helping readers overcome roadblocks on their squat journey. Key Strengths: Expert Guidance: Dr. Horschig's expertise as a physical therapist and coach shines through the book. His in-depth knowledge of biomechanics and human movement is evident in his explanations and recommendations. Practical Application: "The Squat Bible" doesn't just offer theoretical knowledge; it provides a clear path to perfecting your squat through step-by-step instructions and practical mobility exercises. Comprehensive Approach: The book covers a wide range of squat variations and caters to different skill levels. Whether you're a beginner or an experienced lifter, you'll find valuable insights to enhance your performance. Real-World Examples: Horschig uses real-life case studies and client experiences to illustrate how his methods have worked for others. This adds a personal touch and reinforces the book's practicality. Weaknesses: Overwhelming Detail: The extensive detail in the book can be overwhelming for some readers, especially those new to squatting or strength training. It's essential to read the book in digestible chunks and apply the knowledge gradually. Limited Visuals: While the book includes helpful illustrations, more visual aids like videos or diagrams could further enhance the instructional value, particularly for readers who are visual learners. Conclusion: "The Squat Bible" by Dr. Aaron Horschig is a must-have resource for anyone looking to master the squat. Whether you're a powerlifter, CrossFitter, or simply someone who values functional fitness, this book offers a treasure trove of knowledge and practical guidance. Horschig's blend of expertise, practicality, and real-world examples makes "The Squat Bible" a game-changing manual for squat enthusiasts. If you're serious about unlocking your squatting potential, preventing injuries, and understanding the intricacies of this fundamental exercise, make this book a cornerstone of your fitness library. In summary, "The Squat Bible" lives up to its title, offering a comprehensive and authoritative guide to squatting. Dr. Aaron Horschig's commitment to helping people move better and achieve their fitness goals shines through every page, making this book a valuable asset for both beginners and seasoned lifters. After developing unique and easy-to-use techniques on how to train and move well, Dr. Horschig shares his invaluable insights with readers in **The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength**. This detailed plan enables you to unearth the various weak spots within your body—the areas that leave you in pain and hinder your ability to perform and completely change your approach to athleticism. Discover new strength, new power, and astounding potential you never knew you possessed. The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength Published March 2017 Black & White Travel Size Edition! Original English version now in a smaller 5"x8" version with black and white format. Chinese "complex character" version! (Available worldwide, excluding China but including Hong Kong and Macao). Chinese "simplified character" version is now available! (Available worldwide and printed mainly in China, but excluding Taiwan, Hong Kong and Macao). German version of "The Squat Bible." Hungarian version of "The Squat Bible." French version of "The Squat Bible." Spanish version of "The Squat Bible." Italian version of "The Squat Bible." Korean version of "The Squat Bible."