

DR (DD) SQUAT IN GREAT BRITAIN

To be the best in the sport you must listen to your body, know when to push and when not to if not, you will not last long in Powerlifting. Eat well, train hard, learn from your mistakes, listen to how other lifters take their supplements what works for them might work for you. Learn all the time when you stop learning you will stop lifting. I am always learning even at this stage of the game and I'm open to new ideas and practices. I haven't always used the correct supplementation as when I first came into the sport there weren't the advances that we see today. If I didn't move with the times I would still be using the same old supplements and probably not have progressed to where I am today. The squat is an exercise that is feared and loved by many; it's also responsible for some of the best physiques out there. Here I will discuss several ways we can improve our squat and achieve a new level of a powerful exercise that will aid in releasing hormones that will promote the growth of the whole body.

Tip 1. Goal setting, have a clear goal to aim for. With goals come success, aim for goals that can be met. Shoot for the stars too soon and you will fail, a small increase in weight a month makes up for a huge improvement at the end of the year.

Tip 2. Position. get comfortable under the bar, find what works for you. Not everyone can use a low bar position, try finding where you need to be. Set the bar too high or too low and you will fail you must discover your ideal bar position.

Tip 3. Stance. Tailor what works for you. There is no ideal stance, no one stance fits all, this can take some time to find exactly what works for you. Everyone's body mechanics are different and each stance can vary a great deal.

Tip 4. Go deep. Most become afraid of the weak point on the deep position, make this a strong point and enjoy the pain that comes with being deep in a squat where every ounce of your being is about to burst. Learn to enjoy this and it will become less of a fear, you will overcome the fear and push harder for more. Train the lower position specifically every now and again with partial lower rep training.

Tip 5. Muscle tricks Use every possible way and means to improve. Learn and don't stop learning and if it means training with bands, boxes, and chains use them. Find what works best and work for the progress you want so bad. Watch and learn from those that squat big, don't be afraid to ask the secrets to big lifts from these people.

Tip 6. Suit up; ask around see what the big guys making big lifts are wearing. A power suit is an extremely useful tool, get comfortable in the right gear and see the lifts grow.

Tip 7. Treat your light days with respect, most people who get injured with squats do so , because they treat light days with little respect, rushing through light weights as they are little of a challenge, loose form and fast reps cause injuries. Treat every squat with respect using correct form and treat it as if you were going all out on a heavy day.

Tip 8. Form. Work on improving your form every time you lift, from every angle including using a spotter helps a great deal, don't settle for second best find someone who you trust someone who knows your squatting style and understands the lift.

Tip 9. Diet and supplementation with NRGFUEL, speaks for itself, without the correct diet and supplementation of a champion you will never become one.

Tip 10. At the meet, lift BIG. No matter what happens in the gym, when you get to the meet you are responsible for the lift that will take place, don't make excuses lift hard and heavy, lift big.

Article written by John King of Muscle tricks and Dean Drury, who has over 20 years of competitive experience in Powerlifting, broken numerous records and competed all over the world. Dean is also the Vice President of the British Powerlifting Organisation and is sponsored by NRGFUEL leading supplement range in the UK. If there is anyone who knows how to improve the squat, Dean is that man.