

HAVE YOU TRIED THIS YET?

“Smith Machine Hack Squat”

Here’s an excellent way to change your squatting technique. This exercise commonly known as the “hack” squat takes the bar off your back and places it in your arms. The Smith Machine will be the ideal apparatus to use when performing this exercise. This machine will assist in balance and will prevent you from bending over at the back, opposed to using a free weighted barbell. Start the exercise with your body on the outside of the machine. Next, step up to the machine and lift the bar off the latches allowing the bar to rest in the bent part of your arms. After the bar is secure here, begin to walk your feet in front of you about a foot or so. Having your feet in front of you will allow you to get into a squat position by keeping your back and knees in proper alignment. You will then assume the position for a squat by slightly bending your knees and having your feet shoulder width apart. When in this position, you may feel like you’re about to fall back, but don’t worry; you have the bar to hold on to. Next, squat down to about a 90 degree angle in your knees or like your sitting in a chair, while also keeping the bar close to your chest. Control the weight on the way down and then push up. When pushing up, you want to push from your heels. This is a key point, because this will allow you to focus on using your upper leg muscles to do the pushing, opposed to your calves doing the work. When at the top of the squat, make sure to come back to a position where your knees are slightly bent, rather than locked. If you feel the burn in the quadriceps and your hamstrings, you’ve probably done the “hack” squat correctly! For more new exercises, please don’t hesitate to ask our personal trainers here at Nimkee Fitness.



Optional: Get a calf workout also by doing a calf raise when coming up from the squat position. Here, you want to get up on your toes as high as you can while thrusting your hips forward. **Note:** This doesn’t mean you won’t push from your heels when you’re on the bottom of the squat, it only adds a calf raise at the top.

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