

# DEEP SQUAT

A revealing new look into the muscle actions during the full squat



THE MUSCLE RECRUITMENT PATTERN IN THE SQUAT IS *NOT* WHAT MOST PEOPLE THINK IT IS—IT CAN HAVE A DRAMATIC IMPACT ON YOUR TRAINING DECISIONS.

**Original Research**  
Robertson, D., et al.  
Lower extremity  
muscle functions  
during full squats.  
*Journal of Applied  
Biomechanics* 24:333-  
339, 2008.

So you think you know everything you need to know about the squat and how to train for it. Think again. New research just published by scientists from the School of Human Kinetics at the University of Ottawa, Canada, employed various scientific means and methods to look at muscle function during the full squat. And you are mistaken if you think that there is nothing new to be learned about what muscles are involved in the squat, and to what degree, and at what point in the range of motion. If you are a strength and power athlete, you need to squat—period. And if you need to squat, you need to study this research review closely—period.

**Power Key:** squat, muscle action, EMG, muscle function