

SQUAT SPRINTS

The acute effects of squats on sprint performance



HOW MUCH COULD SQUATTING HEAVY BEFORE YOU DO THAT HELP YOU? A LOT!

Original Research

Yetter, M., and G.L. Moir. The acute effects of heavy back and front squats on speed during forty-meter sprint trials. *Journal of Strength and Conditioning Research* 22:159-165, 2008.

Most of the time, when you think about improving your performance, you think about what you can do in your training. You think about the chronic effects that a change in your training program may have over the long run. However, you may not always think about the things you can do *that day* to improve your performance in that particular training session or that particular competition. Yes, the standard things such as an appropriate warm-up can help you. However, there is more. Enter post-activation potentiation, or PAP.

Power Key: PK