

SQUAT STRENGTH

Strength may rule supreme over power

In [SQUAT SKILL](#) we share with you important new research on squat technique between elite and non-elite powerlifters. It is obvious to nearly any athlete and coach that developing maximal strength in this exercise is critical to any strength and power sport. However, in many sports, such as strongman, football, wrestling, and volleyball, there seems to be a de-emphasis on developing strength, and athletes and coaches have begun to emphasize power in their squat training instead. This trend has, in fact, also innervated the sport of powerlifting. In essence, because research has shown that maximal power can be attained with weights ranging between 45% and 65% 1-rep max (1-RM, the maximum amount of weight you can lift once), many athletes are now training with pretty light weights in an effort to maximize their speed or power during the squat, hoping that this will translate to on-the-field performance (see [STRONG HOPS](#) for more). The question, however, is whether this de-emphasis of training for strength will impact power output. In other words, might not the stronger squatter also be the more powerful sprinter? Researchers from Appalachian State University set out to investigate.

Power Key: squat, strength, power, sprint, football



THIS RESEARCH MAKES IT CLEAR THAT, IF YOU REQUIRE MORE POWER, YOU NEED TO EMPHASIZE STRENGTH DEVELOPMENT.

Original Research

(full citation in January issue.)