



## FEATURED LIFT: PIN START/ “BOTTOM UP” SQUAT

### BENEFITS:

- INSTILLS PROFICIENCY AT THE BOTTOM OF THE LIFT, BUILDING CONFIDENCE OUT OF THE HOLE
- CAN BE ADJUSTED TO THE SPECIFIC HEIGHT AND ANGLES NECESSARY (E.G. ATHLETES WITH RESTRICTIONS ON THE ANGLE OF KNEE FLEXION CAN USE A HIGHER BAR)
- BEGINS WITH A STATIC START THAT MUST BE OVERCOME BY DYNAMIC EFFORT, WHICH IS MORE SPECIFIC FOR CERTAIN SPORTS
- REMOVES THE ECCENTRIC PORTION OF THE LIFT, REDUCING OVERALL LOAD AND IMPROVING SAFETY (AS A ‘FAIL’ SIMPLY MEANS THE BAR DOESN’T MOVE)
- CAN BE USED TO OVERLOAD THE CNS, UTILIZING A LOAD THAT COULD NOT BE UTILIZED IN A TRADITIONAL SQUAT



### HOW TO PROPERLY PERFORM A PIN START SQUAT:

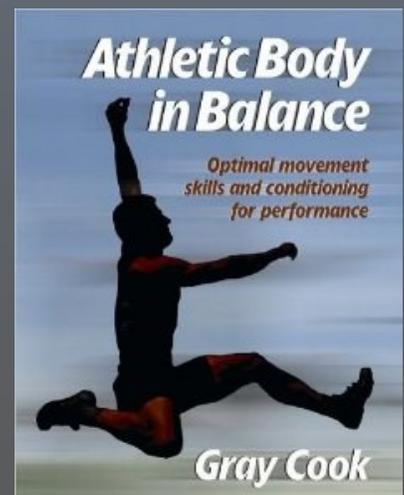
- SET THE BAR ON THE PINS AT THE APPROPRIATE HEIGHT (HIP CREASE AT PARALLEL/ BELOW PARALLEL/ ABOVE PARALLEL AS PROGRAMMING DICTATES).
- SET UP UNDER THE BAR IN A PERFECT SQUAT POSITION, FOCUSING ON A TIGHT LOWER AND UPPER BACK. COACHES CAN AT THIS POINT CORRECT ANY TECHNICAL ISSUES WITH THE BOTTOM POSITION.
- DRIVE THE BAR UP, FOCUSING ON DRIVING THROUGH THE HEELS, THROUGH THE COMPLETION OF THE LIFT.
- FROM THE TOP THE ATHLETE RETURNS THE BAR TO THE PINS UNDER CONTROL. THE ECCENTRIC PORTION CAN BE MINIMIZED, OR CAN BE PRIORITIZED BASED ON PROGRAMMING NEEDS.

### KEY POINTS:

- THE BOTTOM POSITION NEEDS TO BE PERFECT. THE STRENGTH COACH SHOULD USE THIS STATIC POSITION AS AN OPPORTUNITY TO IMPROVE OVERALL TECHNIQUE.
- THIS TECHNIQUE CAN BE USED WITH LOW BAR, HIGH BAR AND FRONT SQUATS, BUT TENDS TO WORK BETTER FOR HIGH AND FRONT SQUATS.
- [HTTP://WWW.YOUTUBE.COM/WATCH?V=GGEITW2Mgy4](http://www.youtube.com/watch?v=GGEITW2Mgy4)

### SUGGESTED READING:

- ATHLETIC BODY IN BALANCE
- AUTHOR: GRAY COOK
- INTRODUCTION INTO SCREENING AND ASSESSING MOVEMENT PATTERNS AND IMPLEMENTING MOVEMENT CORRECTIONS. INTRODUCES CONCEPTS EXPANDED UPON IN THE FMS.





# STRENGTH AND CONDITIONING



## QUOTE OF THE MONTH:

“GOLD MEDALS AREN'T REALLY MADE OF GOLD. THEY'RE MADE OF SWEAT, DETERMINATION, AND A HARD TO FIND ALLOY CALLED GUTS.” - DAN GABLE

## STAFF PROFILE

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EDUCATION: BACHELOR'S OF EXERCISE AND SPORTS SCIENCE FROM DEAKIN UNIVERSITY, 2009

MASTER OF EXERCISE SCIENCE (STRENGTH AND CONDITIONING) FROM EDITH COWAN UNIVERSITY, 2010



ARRIVAL AT ND: NOVEMBER, 2011

SPORTS: MEN'S SOCCER, ROWING, MEN'S & WOMEN'S GOLF

TRAINING PHILOSOPHY: COACH MATT'S TRAINING PHILOSOPHY IS CENTERED AROUND ATHLETE DEVELOPMENT, WHILE HAVING A MAJOR FOCUS ON INJURY PREVENTION AND IMPROVED SPORTS PERFORMANCE.

THE MAIN FOCUS IS TO PROVIDE EACH SPORT & ATHLETE WITH A TAILORED PROGRAM ADDRESSING SPECIFIC STRENGTHS AND WEAKNESSES, WHILE AIMING TO DEVELOP CORRECT MOVEMENT AND SKILL COMPETENCY.

DEVELOPING A SOUND, OVERALL STRENGTH BASE WHILE CONCURRENTLY DEVELOPING SELECTED BIO-MOTOR SKILLS THROUGH SPORTS SPECIFIC CONDITIONING, AGILITY AND SPEED TRAINING PROTOCOLS COMPLETES COACH MATT'S TRAINING PHILOSOPHY.

## WHAT'S NEW IN STRENGTH AND CONDITIONING: SPECIALTY BARS

A SELECTION OF SPECIALTY BARS ALLOWS THE STRENGTH AND CONDITIONING PROFESSIONAL TO IMPLEMENT ADVANCED TRAINING PROTOCOLS WITH ATHLETES IN LARGE GROUPS AND INDIVIDUALIZE PROGRAMMING WITH ATHLETES WITH SPECIFIC NEEDS. FOR EXAMPLE:

SHOULDER MOBILITY/ PAIN AND HAND INJURIES: SAFETY SQUAT BAR [HTTP://WWW.FLEXCART.COM/MEMBERS/ELITEFTS/DEFAULT.ASP?M=PD&CID=114&PID=4636](http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=114&pid=4636)



ATHLETES WITH WHOM EXTERNAL ROTATION IS PAINFUL/ CONTRAINDICATED: SWISS BAR [HTTP://WWW.FLEXCART.COM/MEMBERS/ELITEFTS/DEFAULT.ASP?M=PD&CID=212&PID=6003](http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=212&pid=6003)



TEAMS/ ATHLETES WITH WHOM A TRADITIONAL DEADLIFT IS CONTRAINDICATED: TRAP BAR [HTTP://WWW.FLEXCART.COM/MEMBERS/ELITEFTS/DEFAULT.ASP?M=PD&CID=212&PID=387](http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=212&pid=387)



ATHLETES WITH LIMITED SHOULDER MOBILITY/ PAIN WHO CANNOT CREATE A GOOD POSITION WITH A STRAIGHT BAR: BUFFALO BAR [HTTP://WWW.IRONMIND-STORE.COM/BUFFALO-BAR153/PRODUCTINFO/1270/](http://www.ironmind-store.com/buffalo-bar153/productinfo/1270/)



## LINKS:

TWITTER: [HTTP://TWITTER.COM/NDSTRENGTH](http://twitter.com/NDSTRENGTH)

FACEBOOK: [HTTP://WWW.FACEBOOK.COM/NDPERFORMANCE](http://www.facebook.com/NDPerformance)

YOUTUBE: [HTTP://WWW.YOUTUBE.COM/USER/NOTREDAMESTRENGTH](http://www.youtube.com/user/NOTREDAMESTRENGTH)