

WATCH THE ATHLETE SQUAT



PERFECT SQUAT

Load & re-assess the squat



HEEL LIFT FAULT

Cue:
Heels down

Mobility:
• [Test ankle mobility](#)

Motor Control:
• [View Drills](#)

Strengthen:
• [Glutes](#)

• [Ankle Mobility Overhaul](#)
• [Bulletproof Glutes](#)



VALGUS KNEE FAULT

Cue:
Drive knees out

Mobility:
• [Test ankle mobility](#)

Motor Control:
• [View Drills](#)

Strengthen:
• [Lateral glutes](#)

• [Ankle Mobility Overhaul](#)
• [Bulletproof Glutes](#)



GOOD MORNING SQUAT

Cue:
Throw bar behind your back as you come out of the hole.

Strengthen:
• [Quads](#)

Motor Control:
[View Drills](#)

• [Ankle Mobility Overhaul](#)
• [Bulletproof Glutes](#)



WEIGHT SHIFTS FORWARD

Cue:
Sit back & down when you initiate the squat

Strengthen:
• [Glutes](#)

Motor Control:
• [View Drills](#)

• [Bulletproof Glutes](#)



BUTT WINK SQUAT

Cue:
Chest up

Mobility:
• [Ankle](#)
• [Hip Scour](#)
• [Hip ER/IR](#)

Motor Control:
• [View Drills](#)

• [Ankle Mobility Overhaul](#)
• [Hip Mobility Overhaul](#)



HIP SHIFT

Mobility:
• [Ankle](#)
• [Hip ER/IR](#)

Motor Control:
• [View drills](#)

Note:
If we worsens with load then side to side strength imbalance present

• [Ankle Mobility Overhaul](#)
• [Squat Strength & Control](#)