

## **Mobility with Stability: Building a Better Squat**

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### **At the conclusion of this presentation the participant should be able to:**

- Differentiate between mobility and stability and how they contribute to proper mechanics
- Identify common dysfunctional areas as they pertain to squatting mechanics and apply the appropriate intervention
- Demonstrate proper mobility warm up techniques
- Demonstrate proper deep core activation techniques
- Apply appropriate cuing and corrective techniques to effectively teach
- Apply appropriate progression/ regression of the squat

### **Mobility/ Stability Warm Up:**

- Cervical 3-way, Huggie Slaps, Cross and Reach, Twisty Slaps
- Halo, Slongshot, Figure 8
- 1/2 kneeling hip flexor, Kneeling Spiderman, Open 1/2 kneel pry, Open 1/2 kneel Thoracic rotation
- Ankle Pump, Sprinter Stretch

### **Body Weight Squat Variations and Progressions**

- Prayer Squat
- Prayer Squat with Thoracic Mobility
- Sumo Squat to Stand
- Lateral Squat

### **Kettlebell Squat Variations and Progressions:**

- Elevated Sumo Squat
- Goblet Squat
- Front Squat
- Double Front Squat
- Overhead Squats

### **Barbell Squat Variations:**

- Zercher Squat
- Front Squat
- Koji Squat

**NOTES**

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