

The **6** disadvantages of Squat compared tot **STEP** WeightLifting Techniques (WLT)

Squat

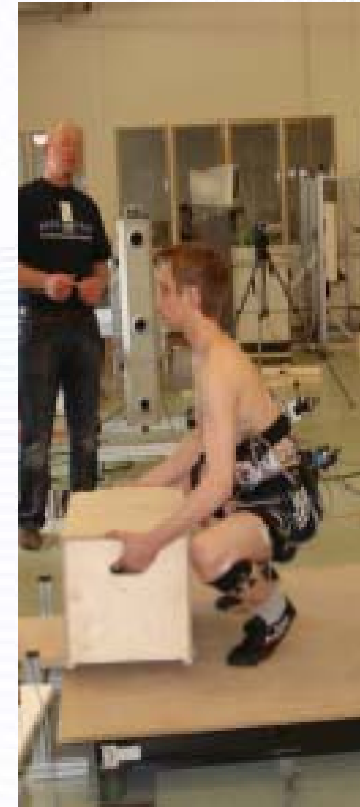


Data from
scientific research
at the Free
University of
Amsterdam



WLT

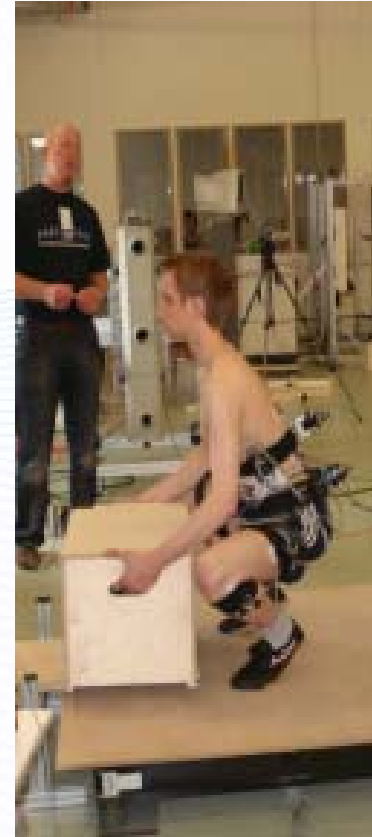




- 1. Squat with deep knee bend is $\pm 2x$ as heavy on the knees**



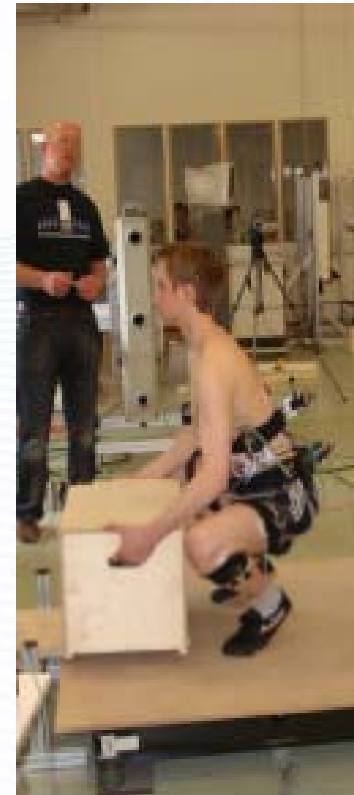
2. To Squat with deep knee bend, there is approximately $\pm 25\%$ more energy needed



3. To Squat with deep knee bend, the back bends approximately $\pm 20\%$ more



4. To Squat with deep knee bend, there is about $\pm 15\%$ more back stress



5. To Squat with deep knee bend, there is approximately $\pm 10\%$ less hip bending, and that is stressing the back more



6. To Squat with deep knee bend, there is about **15% less use of the back muscles to protect the back**

WeightLiftersTechniques



With the **STEP WeightLiftersTechniques**
you are moving:

*** Safe * Healthy * Easy**