



## The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength

*Aaron Horschig , Kevin Sonthana , Travis Neff*

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As a physical therapist, coach, and certified strength and conditioning specialist, Dr. Aaron Horschig began to notice the same patterns in athletes over and over. Many of them seemed to pushed themselves as athletes in the same ways they push themselves out in the real world.

Living in a performance-based society, Dr. Horschig saw many athletes who seemed to not only want to be bigger and stronger but to get there *faster*. This mentality ultimately led to injuries and setbacks, preventing athletes from reaching their full potential.

Now, after developing unique and easy-to-use techniques on how to train and move well, Dr. Horschig shares his invaluable insights with readers in *The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength*.

This detailed plan enables you to unearth the various weak spots within your body—the areas that leave you in pain and hinder your ability to perform—and completely change your approach to athleticism. Discover new strength, new power, and astounding potential you never knew you possessed.

As the founder of SquatUniversity.com, Dr. Horschig knows that when you transform the way you work out, you transform your body—and your life.

## **The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength Details**

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## **From Reader Review The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength for online ebook**

### **Marcia Burdick says**

#### **This really has become my Squat Bible.**

This book has really helped my squat performance. I'm still not lifting as much weight as I would like but I'm not who lifting anymore. Im using the information in the book to lift with proper form, to fix mobility issues and to avoid injuries. I'd recommend this book to anyone who wants to squat properly and, eventually, with heavy weight. I look forward to more work from Dr. Horschig.

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### **Seamus Hayes says**

#### **Great read.**

Great tool for coaches & clinicians. Easy reading to refer patients and clients onto to gain a better understandings. Cheers

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### **Olivia Victorius says**

Great book!! Amazing writting. Very easy to understand especially for people that dont understand about science term. It share everything you need to know about squat.

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### **Scott says**

Wealth of information....

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### **Peter Tressel says**

The book to read and return to if you're into squats. And you should be into squats, trust me.

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### **Kris says**

#### **The best breakdown of the squat I've read**

This book is worth the read. It breaks down the movement in both intuitive and scientific ways in order to provide a clear and realistic means for analysis by coaches as well as personal development by athletes.

Plus, the bit of science in the last chapter is totally worth it as a quick introduction to kinematic systems.

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