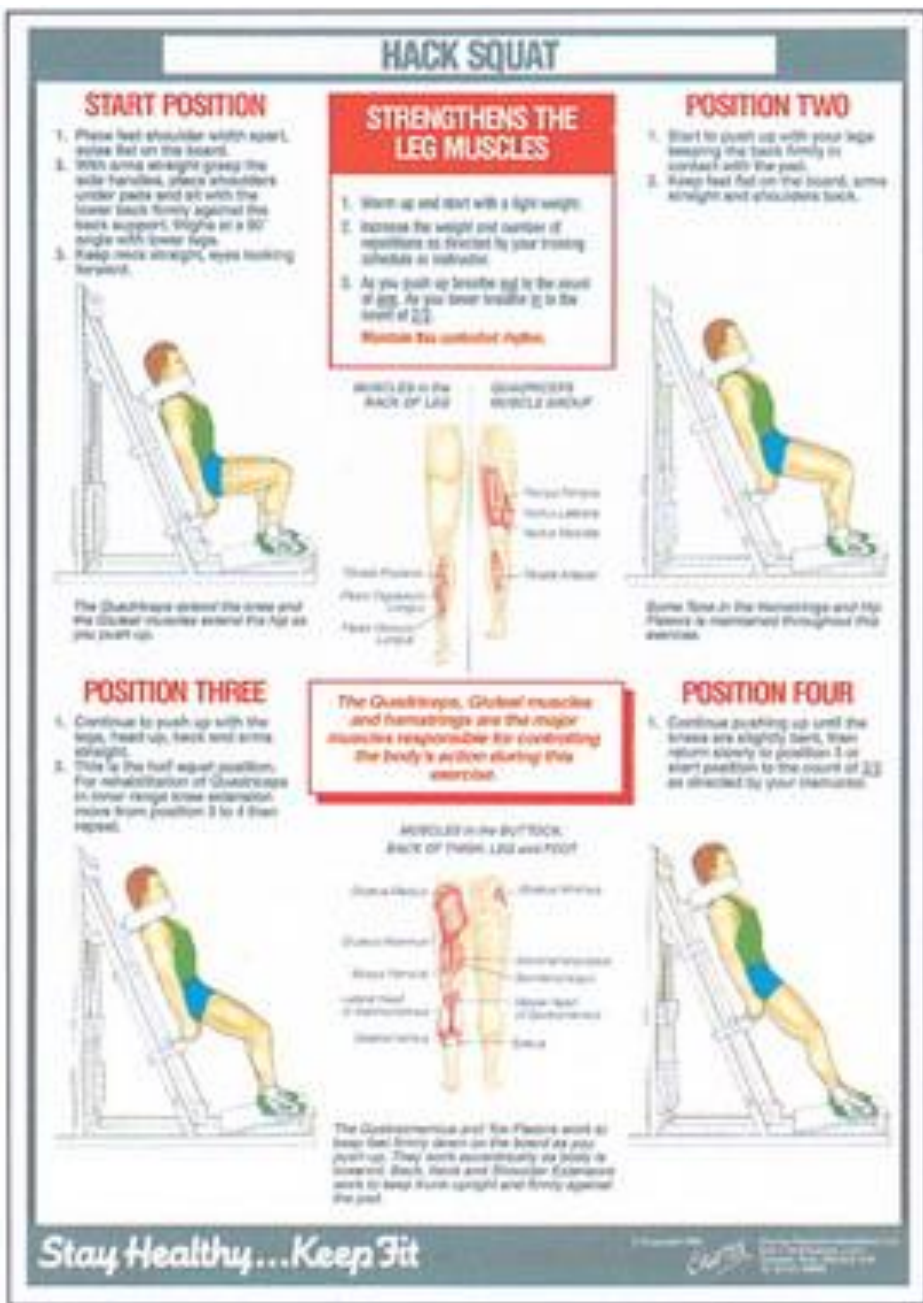


Hack Squat Wall Mounted Chart– CT117

<p>Description</p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Hack Squat exercise. Instructional information is given on technique at each phase of the exercise to ensure it is done properly and safely. Analyses of muscle work during each of the exercise phases is given, as well as breathing advice to help maintain rhythm throughout the Hack Squat which can help prevent early muscle fatigue. The information on the chart helps to reinforce coaching by the Gym Instructor and is ideal for fixing on the wall next to your weight training machine.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>The chart is titled "HACK SQUAT" and is divided into four main sections, each with an illustration of a person performing the exercise on a Hack Squat machine and a corresponding anatomical diagram of the muscles involved.</p> <ul style="list-style-type: none"> START POSITION: <ul style="list-style-type: none"> 1. Place feet shoulder width apart, knee flat on the board. 2. With arms straight grasp the side handles, place shoulders under pads and sit with the lower back firmly against the back supports. Tights at a 90° angle with lower legs. 3. Keep neck straight, eyes looking forward. <p>The Quadriceps extend the knee and the Gluteal muscles extend the Hip as you squat up.</p> STRENGTHENS THE LEG MUSCLES: <ul style="list-style-type: none"> 1. Warm up and start with a light weight. 2. Increase the weight and number of repetitions as directed by your training schedule or instructor. 3. As you push up breathe out to the count of six. As you lower breathe in to the count of 2's. <p>Remember to control the tempo.</p> <p>MUSCLES IN THE BACK OF LEG: Hamstrings, Gluteus Maximus, Biceps Femoris (Vastus Lateralis and Vastus Medialis), Tibialis Posterior, Soleus, and Plantar Fascia.</p> POSITION TWO: <ul style="list-style-type: none"> 1. Start to push up with your legs keeping the back firmly in contact with the pad. 2. Keep feet flat on the board, arms straight and shoulders back. <p>Some flex in the hamstrings and the Pelvis is maintained throughout the exercise.</p> POSITION THREE: <ul style="list-style-type: none"> 1. Continue to push up with the legs, head up, back and arms straight. 2. This is the half squat position. For rehabilitation of Quadriceps in lower range knee extension move from position 3 to 4 then repeat. <p>The Quadriceps, Gluteal muscles and hamstrings are the major muscles responsible for controlling the body's action during this exercise.</p> <p>MUSCLES IN THE BUTTOCK, BACK OF THIGH, LEG and FOOT: Gluteus Gluteus, Gluteus Maximus, Biceps Femoris, Vastus Lateralis, Vastus Medialis, Tibialis Posterior, Soleus, and Plantar Fascia.</p> <p>The Gastrocnemius and the Plantar Fascia work to keep feet firmly down on the board as you squat up. They work eccentrically as joints in lowering. Back, Neck and Shoulder Extension work to keep them upright and firmly against the pad.</p> POSITION FOUR: <ul style="list-style-type: none"> 1. Continue pushing up until the knees are slightly bent, then return slowly to position 3 or start position to the count of 2's as directed by your instructor. <p>Stay Healthy... Keep Fit</p>