

The hack squat

If your back is sore the hack squat is an acceptable substitute for the full squat.

The beginning of the exercise starts with setting the equipment up to fit your body. The foot platform has to be in a comfortable spot to allow your legs to efficiently push against the pads on the shoulders. Keep your lower back solidly against the upper torso support pad otherwise an avoidable injury could result.

Once in the starting position release the safety pins on the sides of the machine and lower yourself, under control to the bottom as shown in the photos. Without bouncing, use your legs and push back up to the top for one repetition. It's generally best to use little to no weight when first starting out with a new exercise. Get the feel of the movement then add weight.



Start position top



Bottom



Start side view. Notice the lower back is firmly situated against the back support. At the bottom it still remains in contact with the upper torso support pad.