



# Squat test

To test leg strength, judge form and teach proper form of exercises



## Proper form of Squat

- Athlete should stand with shoulder width apart and raise straight arms in front of body to shoulder level
- Feet may slightly point out with knees aligned over feet
- Athlete should descend into a squatting position by bending the hips and knees and lowering the trunk (sitting back into a chair)
- Knees stay behind toes and are aligned over the second toe of each foot
- Body weight is shifted back on heels

## Tips:

- Tell the athletes to imagine sitting in a chair

## Form Rating Scale

1. Thighs are parallel to ground when athlete is in a fully descended position (i.e. at the bottom of the squat)
2. Angle of torso is parallel with lower leg
3. Heels remain on the ground
4. Knees are aligned over feet and behind toes