

# HACK SQUATS



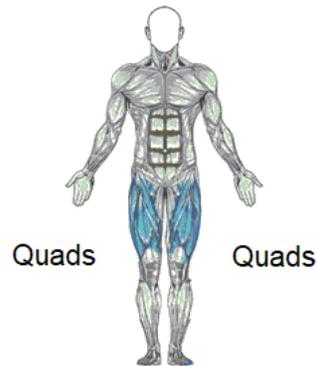
1. Stack a **Hack Squat Machine** with your desired weight to be used then stand comfortably underneath it, with your back pressed firm against it's back pad, and it's shoulder pads carrying the weight resting on your shoulders. Stand tall with your feet placed at about hips width apart right at the center of the machine's feet platform. Hold on to the sidebars next to your head, with your head facing forward. This will be your starting position.
2. Slowly and carefully push yourself up with your feet to push the shoulder pads carrying the weight up just a few inches so you can unlock the weight safety pins by rotating the two handles next to your waist, outwards.
3. Now that the weight is unlocked and weighing down on your shoulders, slowly being to squat down by flexing your knees forward, while using your quads & hamstring muscles to control the movement. Your torso should remain upright & straight throughout the entire movement.
4. Once you've came all the way down to a full squatting position, use your quads & hamstrings muscles to press the weight all the way back up to it's starting position (without moving your feet from their designated spots) and while keeping your quads & hamstrings muscles fully engaging and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER stack up the machine too heavily when performing this exercise to avoid getting any knees, quads, hips and/or lower back injury. STOP immediately if you felt any sharp knee and/or lower back pain. Be very careful when unlocking/locking the weight safety pins when starting/finishing this exercise to avoid injury.

**ALTERNATIVE EXERCISES:** [SMITH Machine Squats](#) / [Seated Leg Press](#) / [Barbell Squats](#) / [Leg Extensions](#)

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## PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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