

OTG

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# SQUAT MANUAL

TECHNIQUE, TRAINING & TIPS FOR MASTERING  
THE ULTIMATE MOVEMENT



OUR COACH

# Lil

HER ULTIMATE GUIDE TO A BIG SQUAT



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HEAD COACH OF OTG POWERLIFTING CLUB

Multiple GPC World champion powerlifter

Multiple GPC World Record Holder

Multiple GPC National Record Holder

Multiple WPC National Record Holder

International GPC Category 2 Referee

Driven by my pursuit to empower athletes both physically and mentally, I forged OTG Powerlifting club.

My club is different, not for the sake of being different but because my methodology evokes the distinctness in us. We are raw and ceaseless like the foundations we are built on. A combination of heart and power that bleeds true physical culture.

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# PRODUCT DISCLAIMER

THE ULTIMATE GUIDE TO GAINING STRENGTH



## Take Note

The content in this manual is designed and written by me, Lil Kimble of OTG Athletic. Squatting is a physical task and can put you at risk of injury, in order to follow the methodology you will need to be physically healthy and free of injury. A physical examination from a doctor is recommended prior to participating in any exercise activities laid out in the manual.

OTG Athletic should not be held liable for the interpretation or use of the information provided within this manual. The recommended training methods have not been individually tailored to the personal needs of the athlete making use of the manual and is merely a guideline which we have put together from the experience and knowledge of Lil Kimble.

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# SQUAT TRAINING

Squatting is a skill that must be practiced. I cannot claim that my methods are revolutionary, I cannot claim that I invented anything in this manual. What I do know is that my approach to human movement is effective.

In order to build a strong squat you must build a solid foundation of movement. I choose to use basic movement principles coupled with simple approaches to programming to strengthen the squat.

Highly effective squatting comes from the ability to move well and move efficiently.

Some of your main focuses for developing a strong squat should be on improving your mobility, movement patterns and efficiency

A lack of mobility will interfere with your movement patterns and make it difficult to properly utilize your hips, knees and ankles. Having good mobility is what will give you the ability to hit depth, maintain a neutral spine, be strong out the hole and maintain a strong position throughout the movement for moving the most amount of weight possible.

Dynamic movements are essential for improving your mobility,

Good technique is the difference between getting strong and not getting strong.



# SQUAT TECHNIQUE

You have to know how to squat efficiently in order to progress. There is no such thing as a "plateau" but rather a breakdown of technique that is not allowing you to build strength ontop of a dysfunction.

It doesnt have to be perfect, seasoned lifters dont all move perfectly but you have to recruit the right muscles, in the right movements in a safe manner that will avoid injury whilst allowing you to move the most amount of weight possible.

Dont be a hero and attempt to attack the heaviest weight you can handle, scale down the weight & learn to move well to perfect your technique. It is always better to start too light,

create a good habit, and then start to add weight. Strength is not built when you are grinding out ugly reps on a heavy weight, but rather repping out a lighter weight efficiently.

Like Ed Coan said "treat the light weight like heavy weights and the heavy weights will go up easier"

Strength is wasted on poor technique. Your technique will not match that of someone else, your dimensions, leverages, strengths & weaknesses will dictate what is the most efficient way to move for you.

Dial in on the little things in order to master the big things.



# TECHNIQUE TIPS

## THIS IS WHAT MATTERS

### GETTING STRONG WITH LIL

#### Set up:

Good technique starts at your set up. You want to grip the bar so hard your knuckles turn white, there is a huge power transfer from your hands to your shoulders. Grip the bar as close as your mobility will allow.

Getting tight under the bar is essential, try remember that "looseness is weakness".

You want to create a good shelf for the bar on your back, drive your sternum up, your head into your traps & the top of your head up toward the ceiling.

To get better at squatting you must constantly practice creating good habits, do this under light weights, earn the weight on the bar. Your foot position will depend on your mobility. Start with your feet just outside of shoulder widths.

#### The squat:

You want to initiate the movement by taking a deep breath into your belly, not your lungs, this creates ultimate tension.

For raw squatting (without knee wraps) you want to initiate your squat by externally rotating your knees and breaking at the hips and knees simultaneously.

Force your knees out throughout the movement. Exaggerate this movement when you land in the hole to resist the bodies urge to internally rotate the knees, this will keep you using your glutes and maintaining a nice upright position and neutral spine.

Do not breath during the movement, you want to exhale at the top of the squat only.



# SQUAT VARIATIONS

## TRAIN MOVEMENTS

### THE EXACT MOVEMENTS MY ELITE ATHLETES USE

I focus my athletes training on movements, rather than weak points, weak points stem from weak movements. To get better at squatting, one must squat.

Variations of squats we use in training:

**High Bar:** This is a quad dominant squat & teaches you to maintain an upright position. Should be performed with heels elevated

**Low Bar:** This is a hip dominant squat & allows you to load the posterior chain more which is why we use this movement in competition as its the movement that will allow you to move the most amount of weight possible.

**Pause Squats:** This variation is a great movement for building strength out the hole

**Tempo Squats:** This variation is a great accessory for developing positional awareness, overall body strength & assists in perfecting good technique.

**1 1/4 Squats:** This variation is a great tool for developing trunk strength, positional awareness and strength out the hole.

**Front Squats:** This variation is great for developing quad strength and learning how to squat in an upright position.



# HOW I BUILT STRONG SQUATTERS

## ALWAYS BE CONSERVATIVE

### GETTING STRONG WITH LIL

Selecting the right weight is essential to your progress. Going too heavy too soon can and will be detrimental to your training and your recovery.

In order to be successful at anything you have to work for it, nothing good comes easy and whilst remembering that Rome wasn't built in a day. Squatting is running a marathon and not a sprint.

Training to failure is what we must avoid at all costs, grinding weights don't make you stronger, performing perfect reps makes you stronger. What we need to understand in training is that failing reps actually makes you weaker.

Big movements yield big results but small movements (back extensions/hamstring curls/Nordic curls) improve big exercises.

Stick to the basics, the basics work. Choose exercises that are both specific to the movement & the area you want to build & execute the movement perfectly.

When training remember to recover efficiently between sets, you want to exert force with controlled power and when looking to complete a full set with good technique you need to have had a full recovery.

Don't over-complicate your training. At OTG we do less more effectively rather than doing ALOT ineffectively.



# TRAINING FREQUENCY

## HOW OFTEN SHOULD I SQUAT

### GETTING STRONG WITH LIL

My athletes squat 2 - 3 times per week, depending on their level of experience and training intensity.

In general terms I would advise squatting twice weekly, especially if you are new to squatting. This is frequent enough to allow you to create good habits whilst building strength, whilst not being too frequent to effect your recovery.

You want your main squat session to be at a higher intensity (heavier weight) with a lower volume (3-5 reps) and your second session, at least 3 days later to be at a lower intensity (light weight) with a higher volume (5 - 8 reps)

You always want to be task specific in your sessions, focus on specificity with your movements.

Rest & recovery should be an essential part of your programming. Squatting is going to be hard on your body & in order to get better at it, you will need to recover. We advocate 4-5 days of training per week for strength sports.

Make your recovery a priority, ensure you are getting adequate sleep, make sure you are eating well enough to fuel your training and your recovery.



# HOW TO PREPARE

## THE MOST ESSENTIAL PART OF YOUR TRAINING SESSION

### GETTING STRONG WITH LIL

This segment is just too often pushed aside or not taken seriously enough. By skipping your warmup you are setting yourself up for a bad workout and the endless possibilities of injury.

I like to include a dynamic routine that includes joint mobility as well as glute and core activation exercises.

Your warm up recommendation:

- 10 bird dogs either side
- 10 curl ups either side
- 10 single leg glute bridges either side
- 10 clams either side
- 30 second side plank either side

Once you have done the primary warm up routine I recommend finishing with some lateral banded walks, leg swings and some high intensity conditioning movement to get your blood flowing.

You should be ready to get under the bar now, and start by performing several sets and reps of the exercise that you are doing whilst gradually increasing the weight until you reach your main working set.

Use your warm up to practice perfect execution, do not rush your warm up, treat your warm ups like your top sets.



# TRAINING PLAN

## HOW SHOULD I TRAIN

### GETTING STRONG WITH LIL

#### **WEEK 1 - 4:**

Week 1: 50% of 1RM x 4 x 8

Accessories: Squat variation 3 x 5

Accessories: Small movement 3 x 15

*Keep 3 reps in reserve for each movement when selecting loads*

Week 2: Add 5kgs to last weeks weights

Week 3: Add an additional 5kgs

Week 4: Deload (increase weight, decrease volume)

#### **WEEK 5 - 8:**

Week 1: 70% of 1RM x 4 x 5

Accessories: Squat variation 4 x 3

Accessories: Small movement 3 x 10

*Keep 2 reps in reserve for each movement when selecting loads*

Week 2: Add 5kgs to last weeks weights

Week 3: Add an additional 5kgs

Week 4: Deload (Decrease weight, keep volume)

#### **WEEK 9 - 12:**

Week 1: 80% of 1RM x 3 x 3

Accessories: Squat variation 3 x 5

Accessories: Small movement 3 x 8

*Keep 1 rep in reserve for each movement when selecting loads*

Week 2: Add 5kgs to last weeks weights

Week 3: Add 5kgs to last weeks weights, remove 1 rep

Week 4: Deload (decrease weight & volume)



# THANK YOU

Thank you for your support, thank you for your interest in wanting to grow your squat.

My goal as a coach is to grow the sport of powerlifting, improve the knowledge of human movement and help more people build unbreakable strength.

I am totally committed to bringing you guidance, tips and coaching for athletes who want to be better, move better and truly want to learn to evolve.

This basic manual is based on the self same methods i have used to build 815+lbs squats.

I hope you have found it useful. I help powerlifters compete at the heightest level - if you would like to get in touch with me for coaching, please check the links below.

Stay tuned to my social media for more training, tutorials, coaching and everyday guidance in the world of strength and powerlifting



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