

# The Parallel Squat ....safe, effective and necessary!

**"For an athlete anything less than a Parallel Squat is useless."** - John Gamble, Head Strength and Conditioning Coach, University of Virginia and World Champion Power Lifter - training personal best in the Parallel Squat, 5 x 825 pounds.

**"The (parallel) Squat provides not only strength, but speed, explosive power and muscular endurance. In my opinion, it is the most important strength exercise for athletes."** - Bill Kroll, Strength and Conditioning Coach, University of Illinois.

**"....I must reemphasize the fact that deep (parallel) Squats work more muscles than any form of partial Squats since they involve a full-range of motion. Since the full Squats work more muscles, they enable the trainee to become stronger faster than through partial movements. Research has shown that full Squats actually helps to stabilize and secure the knee joint."** - Bill Starr, author of the *Strongest Shall Survive - Strength Training for Football*.

**"In a full Squat (parallel), the soft muscles of the legs slow the speed of the bar down, and help the joints recover. In the half Squat (partial) you have to stop for a very short time when the bar is going down - and at the same time, shift the bar in the upward direction. That moment is very sharp stop, it's like a knife, especially over the knee joints. So the danger of injury during the half Squat is much greater than during the full Squat."** - Angel Spassov, world renowned Bulgarian Weightlifting Authority.

**"To improve athletic power, one option is to increase the force muscles can generate around the joints. In this respect, the (parallel) Squat must be the athletes first choice for a full body strength lift."** - Pat O'Shea, professor of physical education, Oregon State University.

**"For almost every young athlete, the intrinsic value derived from long term squatting is that it stimulates optimal growth and development."** - Pat O'Shea, professor of physical education, Oregon State University.

**"In my experience athletes who are incapable of Squatting don't make good athletes, from either the injury or performance standpoint."** - Dan Wathen, Head Athletic Trainer and Strength and Conditioning Coach, Youngtown State University.

**"Squatting is never impossible; the athletes ( and any coaches who listen to them) who always complain about Squats, and blame tight backs, etc. on them (squats), simply don't have the heart to push through the pain barriers and receive the super benefits derived by those with what I call heart to train."** - Bill Dunn, former Head Strength Coach at The University of Virginia, 1983 NSCA Strength Coach of the Year.