



BACK SQUAT using the Tsunami Bar[®]

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Bar bends across the back/shoulders loading the shoulders to the hips rather than the spine for a safer lift. Arms wrap around top of bar with athlete pressing down to hold bar against shoulders as bar accelerates upward as the athlete comes up on his toes.

The photos demonstrate the Back Squat with athlete moving up on his toes at full extension using the Tsunami Bar[®]. For these lifts, the faster (but safely) you 'move the bar' the greater the POWER Development (strength X speed) potential for the muscles involved. The photo at the right shows the athlete having exerted a great enough muscle contraction using their legs to cause the 'ends of the bar' to turn up at the ends with the athlete wrapping his arms around the top of the bar and pressing downward to keep the bar in contact with his shoulders.