

## 5. Back position

Keep your torso slightly forward to maximize glute activity and to decrease knee joint loading (particularly to the anterior cruciate ligament and patellofemoral joint).<sup>3, 11, 12, 14</sup> However, *avoid* allowing your chin to pass your toes excessively. Otherwise, low-back injury may occur from excessive forward flexion.<sup>1, 3, 4</sup> The spine, specifically the low-back (lumbar) region, is the most vulnerable joint during squatting, and as such, special care must be taken to avoid unnecessary spinal movements.<sup>1</sup> Nonetheless, depending on your anatomical structure (and the type of squat performed), slight forward movement of your chin past your toes may be unavoidable (particularly when using free weights, as shown in the “Correct” picture).



Incorrect



Correct