

Squats and Deadlifts:

First of all:

Squats and deadlifts are NOT just lower body movements. They... Use... Everything. Squats are especially true of this, so let's start with those.

Definitions:

A **squat** is a basic movement that everyone should be able to do properly. It is also a compound movement, meaning it uses multiple muscle groups at the same time, the reason you get tired from doing them so easily! Starting from the ground up: your ankles flex, your calves stretch, your knees bend, your hips travel back in space, your back and core support your torso, and your shoulders pin back to keep your chest lifted high.

A **deadlift** is another basic movement, and also compound. When people say to "lift with your legs and not with your back" they are referring to proper deadlift form. In a deadlift you are picking something up off the ground with your legs, and your back just goes along for the ride, staying strong, tight and STRAIGHT the entire way through. Starting at the bottom and working up: your ankles flex, your calves stretch, your hips travel back in space, your glutes engage, and your back stays strong.

Differences between the two:

Basically, a squat's motion starts in the knees and hips at the same time. A deadlift's motion starts in the hips first then moves to the knees.

Squats and Deadlifts:



But where do my feet go?

There are three different "stances" we will use in Lift with Laura Cycles: standard, narrow and sumo. In each stance, your knees travel in the same direction your toes are pointing.

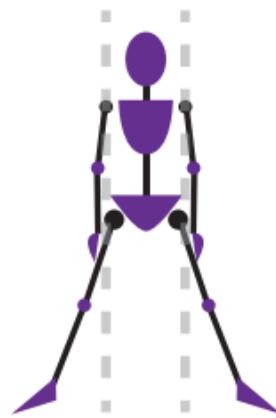
narrow



standard



sumo



Narrow: feet are under hips and toes point forward

Standard: feet are under shoulders and toes point slightly out

Sumo: feet are wider than shoulders and toes point out farther

Again...

Your knees travel in the same direction as your toes.

The easiest stance is generally sumo, which is why we start Cycle I with that variation. In a sumo stance, your calves have the easiest time stretching, so it is easier to get your hips lower. You also have a wider base of support because your feet are wide, so you tend to be more stable.

To summarize:

Squats and deadlifts are very important moves to learn. They don't only create a stronger lower body, but also create a stronger... everything! Lift with Laura workouts will focus on both of these moves every week, giving you strength, mobility and awesomeness!