



**SWEATCITY**  
FITNESS



### Sweat Pages

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SweatChannel Drill of the Week

### Welcome to the new SweatCommunity!

I bet you've been wondering where Sweat City's fearless leader has been the past couple weeks. Was Coach Chris on vacation? Did he hurt his knee again? Was he mauled by another dog?

NO! He was working his butt off to upgrade the look of your SweatCommunity newsletters. New photos, new features, new articles, same stupid jokes. Enjoy!



### SweatBusiness

This Saturday Sept 21 at 11am, we will be having some special guests at our Santa Monica Airport Park Boot Camp. A camera crew sponsored by Yelp will be coming to film a promotional video all about Sweat City!



**Lateral Yo-Yo's**  
(Acceleration, Deceleration,  
Change of Direction)

### Promotions

#### [New to the Neighborhood Special](#)

- Buy a 5-pack of **boot camp classes** for \$20 (full price: \$50)
- Jumpstart your fitness routine
- Beginners encouraged!

#### [Back to School Speed Training](#)

- 5 **group speed classes** for the price of 2!
- Originally \$125, give your kid the gift of speed for just \$50

[Reply to this Email to claim promotions](#)

As part of our SweatCommunity, we invite everyone for a FREE workout (no punchcard marks for members) to help support us. If you have any, wear your Sweat City shirts and tanktops.

Also, make sure you check out this month's promotions, drill of the week, and SweatPages to the left!



### Sweatducation

Whether your focus is on losing weight, toning your legs, or improving athleticism with speed and vertical jump development, there is one common exercise that will accomplish your goals: the squat.

#### How to Squat

I'm hoping that at this point in life, you've used the bathroom before. Congratulations, you've performed a squat. But there are a few key points to correctly engaging the leg muscles and having proper form when squatting.

- 1.) Keep the heels down. Push through the heels or flat of the foot rather than the toes to keep stress off your knees.
- 2.) Keep your joints aligned. Your knees and hips should be in line with your feet as your lower your body. If your knees move in/out as your go down, you're



putting stress on the wrong parts of your joints.

3.) Keep your back straight and your chest out. Rounding your back defeats the purpose of the squat. You want good posture the entire time.

4.) Keep your weight back. The best way to check that your balance is correct is to keep your "nose behind your toes." At the bottom of your squat, check where your nose is. If it is in front of where your toes are, you need to keep your upper body more upright.

### **Benefits of Squatting**

Now that you know how to squat, let's talk about how it helps us. Squatting helps develop the key muscles in our lower bodies, most notably the quads, glutes, and hamstrings. Any athlete knows that strengthening these muscles will make them a stronger, faster, more explosive player. And since muscle burns more calories throughout the day than fat, strengthening your nice big leg muscles is one of the fastest ways to shed some weight and tighten up. Squats tighten and lift your booties, and yes, they engage the core/abs as well.

Even more than strengthening our legs, squats help us with joint flexibility. So many of us lose flexibility in our hips, knees, and ankles as we get older. Just a few squats a day will really help to stretch these joints out and increase our range of motion.

### **Squat Variations**

The best thing about the squat movement is that there are so many variations on it. There's also several ways to vary the resistance applied to the exercise. You can hold weight on the front of your body to load up your quads or you can put weight on your back to make the exercise more glute/hamstring dominant.

From a movement perspective, you can target different muscle fibers by changing the speed of your squats. To produce more powerful, explosive fast-twitch muscle fibers, you can do squat jumps. To work on your slow-twitch and stabilizer muscles, you can do a squat hold. And to target the outer thighs and hips while adding a cardio element, you can do "squat in-and-outs", which can be seen here:



Squat In and Outs- Sweat City

### **Now You Know Squat**

Alright, now you're ready to go out and conquer the world one squat at a time! From here on out, anytime you go to pick up a heavy object, or unload one (eww) you're going to have perfect form. Sorry, too much bathroom humor for one day...

**Q: What do you call Chewbacca playing catcher in baseball?**

**A: Harry Squatter**

**Chris Chinn  
President | Sweat City**

650-759-2390  
www.sweatcityfitness.com

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