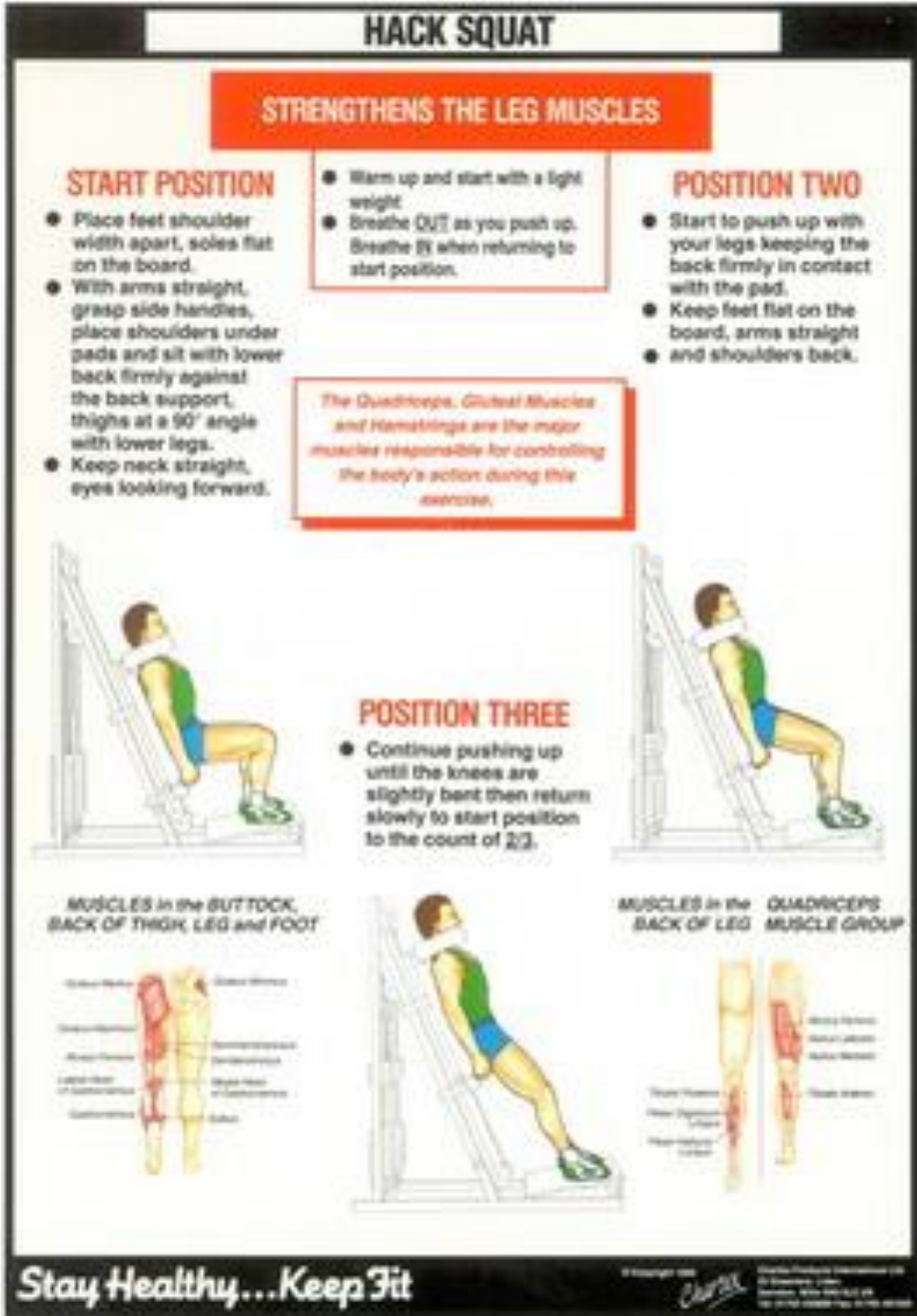


Hack Squat Machine Mounted Chart– CT056

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Hack Squat exercise. Important instructional information is given on technique to ensure the exercise is done properly and safely from start to finish as well as controlling the "return" to the start position. Breathing advice is also given to ensure a steady rhythm is maintained throughout the exercise which helps to prevent early muscle fatigue. The information on the chart helps to reinforce coaching by the Gym Instructor and is ideal for fixing on to your training machine.</p>
Details	1. Dimension: A5 Size
Image	 <p>HACK SQUAT</p> <p>STRENGTHENS THE LEG MUSCLES</p> <p>START POSITION</p> <ul style="list-style-type: none"> Place feet shoulder width apart, soles flat on the board. With arms straight, grasp side handles, place shoulders under pads and sit with lower back firmly against the back support, thighs at a 90° angle with lower legs. Keep neck straight, eyes looking forward. <p>● Warm up and start with a light weight. ● Breathe OUT as you push up. Breathe IN when returning to start position.</p> <p>POSITION TWO</p> <ul style="list-style-type: none"> Start to push up with your legs keeping the back firmly in contact with the pad. Keep feet flat on the board, arms straight and shoulders back. <p><i>The Quadriceps, Gluteal Muscles and Hamstrings are the major muscles responsible for controlling the body's action during this exercise.</i></p> <p>POSITION THREE</p> <ul style="list-style-type: none"> Continue pushing up until the knees are slightly bent then return slowly to start position to the count of 2/3. <p>MUSCLES in the BUTTOCK, BACK OF THIGH, LEG and FOOT</p> <p>MUSCLES in the BACK OF LEG QUADRICEPS MUSCLE GROUP</p> <p>Stay Healthy...Keep Fit</p>