



**THE TOP 8 LOWER BODY
MISTAKES AND HOW TO
AVOID THEM!**

THE TOP 8 LOWER BODY MISTAKE'S AND HOW TO AVOID THEM

Let's face it...

Most of us neglect our legs from time to time, right?

The thought of having to bust out an intense set of heavy squats is enough to make you shy away from the squat rack and move towards "easier" things like working on your bench or biceps.

Trust me I know...

But having a set of powerful legs is a commodity that YOU NEED TO HAVE!

When I was in high school I had the worst genetics for legs and would train them all the time but they stayed skinny for the longest time.

I have a huge bubble butt, but my quads never got that big.

Now at least I'm doing something about it...

The reality is that many guys out there don't train legs at all!!!

They save them for the last workout of the week and wind up skipping legs altogether.

This leads to chicken legs where you have a huge upper body with pin-legs and no real strength.

The biggest reason people neglect their legs is because they make mistakes, don't know how to properly do it and choose the wrong exercises and routines.

Here at Critical Bench, we wan't to help you get the most out of your training and avoid the common pitfalls that most people end up in.

We've compiled our top 8 free YouTube videos on properly training your lower body for you so you can avoid these mistakes and start training your legs the right way.

If you enjoy these videos make sure to [SUBSCRIBE TO OUR YOUTUBE CHANNEL](#) so you can be the fist to know when we upload more free videos just like these.

Alright, take a few minutes to look through these 8 Lower Body Mistakes And How To Avoid Them...

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MISTAKE #1 - THEY DON'T DO A GOOD JOB WARMING UP

Everyone who has ever squatted knows you can't put up big weights without a proper warm up.

Making sure your hips are properly warmed up is a big key to progressing your squat, getting big numbers, and preventing injury.

Here's a great warm up drill to properly loosen up your hips before any squat session.

Watch The Video Here



It's simple really, but a great exercise none the less and it takes very little time to add it to your routine.

Firstly, take your barbell and place it right around where you would unrack for a squat.

Position yourself in almost a side squat underneath the bar. From there shift your weight back and forth with your head passing under the bar each time in a side lunge.

Make sure you applying pressure through the heel of your foot and pushing your knees out, as you would in your actual squat.

Focus on loosening the groin muscles and increase the dynamic range of the ankles and warm up the ball and socket of the hip.

As you become more flexible, and stronger, you can lower the bar or even add weight to increase resistance.



MISTAKE #2 - THEY EXPERIENCE(D) KNEE PAIN

If you've experienced knee pain from prior injuries or bad form in your workouts, we have a great video on how to adjust your squat pattern to avoid the stress and strain that bad squatting can put on your knees.

No one should ever have to squat in pain, but if you do, it may be from the over utilization of your knees during squats.

Meaning that, too much of your weight is being loaded through knees and not being distributed proportionally throughout the large groups of muscles in your lower body and not using enough hip to load the weight.

It's a simple fix, but will take some extra time to develop the new form to make it natural.

Position yourself in your squat stance. Instead of trying to squat straight down, rock to your heels and initiate the squat with your hips first -- taking the pressure off your knees. Proceed through your squat and concentrate on pushing the knees out and hips back to stay on your heels, rather than using your knees to bear the load.

Once you have mastered this movement and it has become a natural sequence to squatting, you can play around with different squat variations.

Watch The Video Here



MISTAKE #3 - THEY DON'T KNOW HOW TO SQUAT

Many of us like to find movements that can help to build strength and endurance as well as flexibility. We essentially want to find the best lower body exercise.

The squat, or a back squat which is what we are going to talk about, is definitely one exercise can get you those results.

Powerlifters as well as olympic lifter use this movement as part of their regular training cycles allowing them to accurately track their strength progression.

Big squat numbers can translate into other significant lift improvements, by increasing leg and back strength.

In addition to developing strength, flexibility is another gain that comes from the squat.

Learning to squat below parallel, with proper mechanics -- staying on your heels and keeping outward tension on the knees -- can help prevent future injury, keeping your body flexible as well as strong.

Though powerlifting and olympic squats look very different, and have different objectives, the back squat is a great addition to any strength program.

Watch The Video Here



MISTAKE #4 - THEY DONT KNOW HOW TO DEADLIFT

Another one of the best lower body exercises that should be incorporated in any strength program is...the deadlift.

[Watch The Video Here](#)



A huge deadlift is badge of honor that can be worn and respected in any gym, whether you are a powerlifter or olympic lifter.

The deadlift, and its variations, can help to add strength and power to any athlete. Many of its mechanics can help translate in other lifts, as daily life tasks.

This movement teaches explosiveness and coordination under duress. You can learn to move some major weight playing around with the deadlift.

The deadlift also teaches the body how to actively engage the posterior chain, during daily life.

The posterior chain includes the -- butt, hammies, back, triceps, lats...the muscles on the backside of your body, as well as a lot of harder to reach stabilizers.

All in all, the deadlift is a great lower body exercise that can easily be incorporate into any strength cycle and can help add big strength gains, sport specific or non.



MISTAKE #5 - THEY CAN'T FIRE THEIR GLUTES

All of us want that one exercise that doesn't take too much time, effectively warm you up, fires your muscles properly and increases strength, all at the same time.

We have just that exercise.

Really, it's a single leg drill that can be done without any special equipment and is meant to wake up the glutes and posterior chain for any squat or deadlift type exercise.

Start with standing on one foot, with the other outstretched behind. Lean forward, with the hips square and using your glute to stabilize, reach down and touch the top of something for support -- barbell, kettlebell, dumbbell, chair etc.

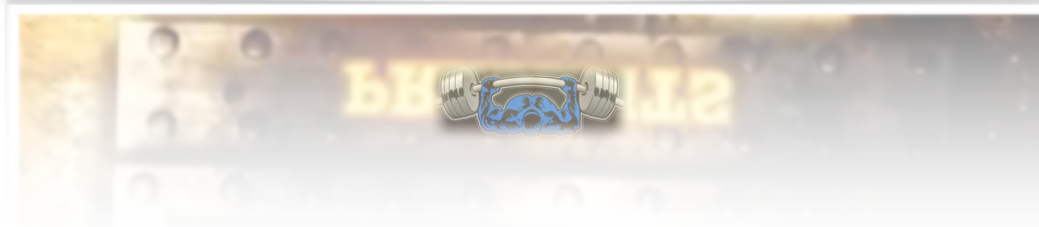
Hold this position for as long as possible, taking away one finger from support as time passes, until you aren't using any support at all.

Your glute should be firing on all four by this time...that's good!!

Lighting up your glutes on one leg is the best way to wake up your backside so you can squat heavier, pull heavier and properly activate your posterior chain.

This is a great precursor to add to any strength program and can help keep you safe and injury free.

Watch The Video Here



MISTAKE #6 - THEY DONT TRAIN THEIR CALVES

Our calves are an extremely important component to how we stand, squat, walk, and, in general, how we hold ourselves.

Even though we use them automatically in daily activity, it's still important to train them as an addition to your workout program.

Training your calves can help loosen, as well as strengthen, the ankle.

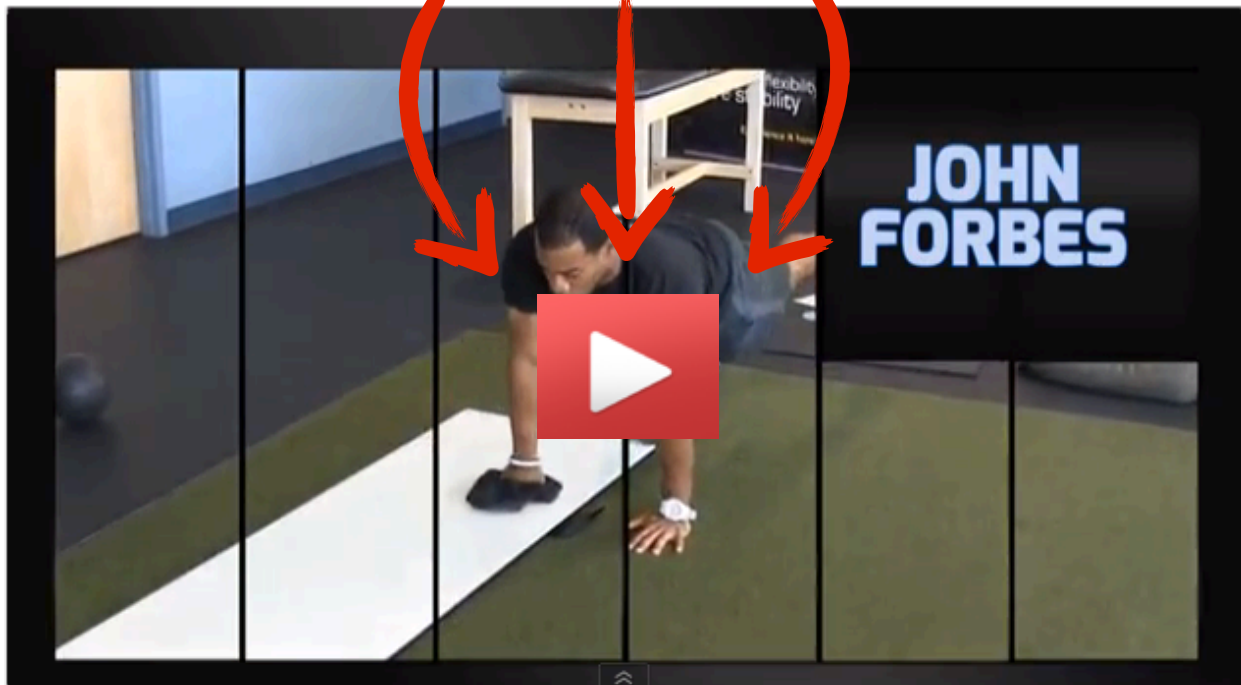
John Forbes, of Kill Mode Training, has just the circuit to either begin or end your training day.

This circuit is known as *penguin*, *person*, *pigeon*. The names indicating the way to stand during the exercise -- outwards, straight, inwards.

Begin the circuit with *penguin* -- feet outwards -- do 10-15 calf raises in this position, proceed to *person* -- same rep scheme -- and finish with *pigeon* -- feet inwards.

These can all be done with higher rep schemes and even weights.

Watch The Video Here



MISTAKE #7 - THEY DONT KNOW HOW TO RECOVER

Recovery is an extremely essential part of any workout program and should not be forgotten or taken lightly. The recovery process is just as important as the warm-up and the workout.

Remember, when you strength train, you destroy the muscles in the process. You only really get stronger when you recover and allow your body to repair.

That's why recovery is so important.

One thing people don't often do as part of their recovery, is stretch or massage the muscles.

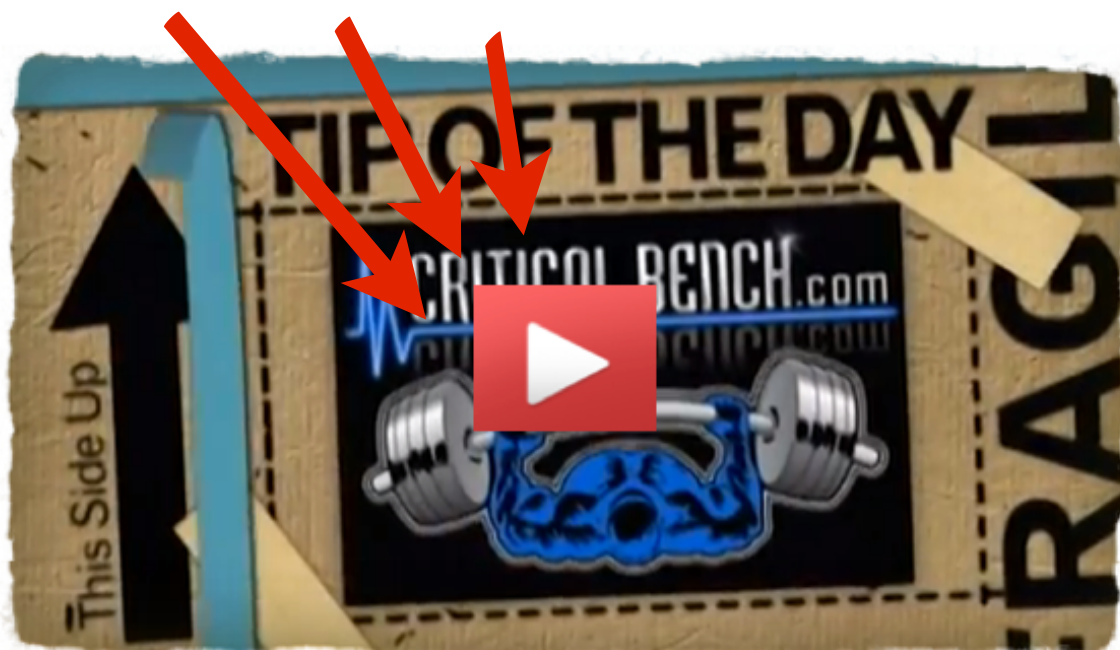
You might drink a protein shake or some high glucose post workout drink, but stretching allows blood to flow into the injured muscles and helps them repair faster.

Foam rolling after a workout is a great tool for faster recovery and preventing future injury.

Not only is it good for recovery, but is a great warm-up tool as well and can help improve tissue quality and increase range of motion without affecting performance.

Start with a soft foam roller and progressively work out to using a denser roller, or maybe even a textured one.

Watch The Video Here



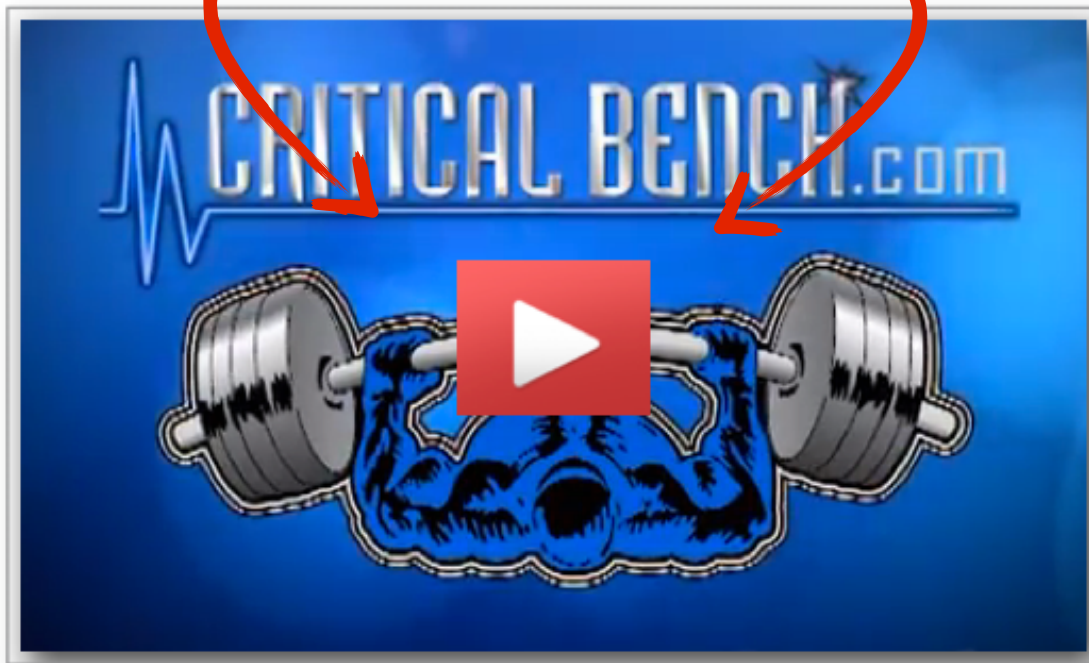
MISTAKE #8 - THEY DONT HAVE ACCESS TO A GYM

Whether it's due to traveling or just not having the financial resources we know a lot of us don't have access to barbells, dumbbells and kettlebells all the time.

Well here's some good news. You don't always need to have equipment to workout, or at least to develop some mad squat strength.

Tyler Bramlett of Garage Warrior has just the solution for the gym rat that has no gym.

Watch The Video Here



The equipment-less squat, for the squat fanatic...the single leg squat.

If you can master this, you can surely rep some serious weight when the opportunity knocks.

No equipment is necessary, but if you are new to this, you might need at least something for support. A chair is as good as anything.

To do this, stand on one foot, with the other extended out in front. Making sure everything is square -- shin and knee are in line with the toes -- and maintaining the same mechanics as a regular squat, descend with all the way to the floor and stand back up.

This is harder than it seems, but as you start to master the balance and coordination required, you can slowly take away support and...even add a some weight.



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