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How to Back Squat |#AskSquatU Show Ep. 10| In this episode, Dr. Aaron Horschig is joined by olympic weightlifting coach Anna Martin. Today they discuss and demo how to ...

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Fix For Hip Pain When Squatting (Impingement) |#AskSquatU Show Ep. 9| A pinching pain in the front of your hip when **squatting** can be caused by an impingement of your femur inside the hip socket.

Toes Forward or Angled Out When You Squat? |#AskSquatU Show Ep. 4| In this episode, Dr. Aaron Horschig tackles the great **squat** debate: toes forward or angled out when you **squat**? The message is ...

Eddie Hall 345kg Squat for 7 reps at Strength Asylum Eddie Hall "THE BEAST" **squatting** 345kg for 7 reps at Strength

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Asylum and the last rep being a pause rep. SUBSCRIBE (and ...

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157: Aaron Horschig - Debunking Common Myths about Squats Dr. Aaron Horschig is the founder of **Squat** University. He is a physical therapist, coach, speaker, and writer is the author of **the** ...

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