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## Homemade belt squat platform

A must have item for your home gym! I don't know what your squat barbell is like, but mine sucks! Take a look at the first few seconds of this video and you'll see my form. I don't know if I lack flexibility in my lower legs and ankles to be able to do ATG (grass ass) squats, or if it's the position of the bar that gives me problems, but the more you go into squatting motion, the easier it is on your lap. I was ready to give up on barbell squats when I ran through the belt squat on the internet. Belt Squats will place the workload on your legs, not on your back as a regular barbell squat would be. I read have been crouching belt will actually help your squat barbell form squatting because doing the belt squat, you can go ATG, causing your legs to become flexible and explode out of the hole as they say. Another advantage of the crouching belt is that it removes the load from your spine. No more heavy dumbbells that push down on your discs, which makes you shorter. Also, if you have shoulder problems, you don't have to struggle to hold a heavy bar behind your neck, a real blessing if you have rotator cuff problems. I stretched my rotator cuff and it took ten months to heal... that really sucked! Buy the belt spud belt squat belt in the HGB MAGASIN Build a Belt Squat Machine New belt squatting machines cost \$3K! They have a cable coming out of the ground that attaches to a crouching belt belt: These machines have a safety clearance that keeps the cable loose until you attach it to the belt. Once you release safety, the weight is supported by your legs and belt, and you can squat. Pretty good idea, but way too much money and space needed. I came up with two home squat belt versions: one using the lat tower and the other using box stands. If you have a lat tower with a lower pulley, you can build this one: I have enough space to stand directly on the lower pulley assembly, so all I needed was a slightly raised platform. The platform is made of 2 x 4 and 2 x 6. It is designed to fit around the lower support of my powertec support. The wooden platform is just high enough where I can disconnect the belt cable when I'm at the lowest point of the crouching motion belt (ATG). To start the belt squat, I just lifted the lat tower weight holder (unloaded) and support the wooden weight holder in place. The wooden weight holder has an oak peg of one inch at the bottom. ankle fits into the hole that is in the base of the lat tower. What's the hole? I don't know, but it worked. The wooden weight holder is a bit hard to see in the photo above, so here's another photo: Once the wooden weight holder is in place, just load the Olympic plates on. The cable is loose enough where you can get up and connect it to the belt, then step up on the wooden platform that places the tension on the weight holder, then you can move the wooden weight holder of the way and start squatting! Coming up with a home belt squatter belt was a problem. I tried to use my dip belt, but I needed a lot more padding to keep the steel rings and chain itself from cutting into my inner thighs, so I bit the ball as they say and invested in a belt squat belt from Spud, Inc., which was \$82 shipped and worth every penny. It's padded so nice that you can't even say you're wearing anything! Buy the spud belt squat belt in the HGB STORE Belt Squatting without a cable set upHow do you squat belt if you don't have a lat tower with a lower pulley? If you have two benches of equal size, you can use them. Simply attach a few 45-pound plates to the belt, climb the benches and start squatting. This will really test your balance! My super Ironmaster bench is a bit on the big side and it's my only bench, so I ended up building two box stands of equal height. The stands of the box are 18 squares and high. Each box is made up of 4, 2 x 4 x 12 boards; and 8 2 x 4 x 18 boards. The top is a 3/4 piece of plywood (18 x 18) with a really cheap piece of foam gym floor cut at the waist. As an added safety factor, I added two one-inch oak pegs on each box holder, then drilled out one-inch clearance holes into a separate 2 x 4. The 2 x 4 connects the two boxes together forming a solid bench with a twelve-inch gap between them. This way, I can easily disconnect the booths for storage. I've also found that if I use a box to sit on to make lat pull down, I get a better stretch than using the super Ironmaster bench which is 5 inches longer. ConclusionBelt squats rock! Especially when you're the upper body is still painful from a chest or back workout the night before, and now you don't have to hold a barbell for squats on leg day. Check out some of the belt squatting videos on youtube. You'll have to lower the weight you usually use for a barbell squat, but eventually you'll be belt squatting really heavy! Keep liftin Buy the belt spud squat belt in the HGB MAGASIN we ship worldwide with USPS TestimonialThe here are my comments for the purchase and process of the Spud Squat Belt.The purchase of the belt was extremely easy. The delivery was super fast and I received emails regarding free download offers and offers to help with any questions I had. It was a great and I'm very happy with the whole process. My husband loves the belt. The quality is exceptional and exactly what he hoped for. He used it as soon as he got it and has been using it ever since!!! I want to thank you very much for all your courtesy and consideration. We would definitely buy from you again. Everything about it was outstanding and we really appreciate it. Sherry B. Back to Top Back in 2012, I wrote a short article on how to build a simple wooden platform for static contraction in time (TSC) hip belt squats. I've had a lot of great people who built them on the effectiveness of the exercise, as well as suggestions to make it a little smaller to be more efficient space for people with less room for equipment. So when I recently decided to build a small platform to increase the range of motion of trap bar weightlifters, I designed it to be used for TSC belt squats as well. If you can't perform barbell squats due to a lower back injury or condition, belt squats are a safe and effective alternative because they load your hip and thigh muscles through your pelvis instead of your spine. Unfortunately, you can't perform full-reach belt squats without a squat belt or crouching belt specially designed for them. If you simply hang weight plates from a soak belt they will touch the floor before you get anywhere near the bottom of your motion range. You can, however, perform TSC with just a soak belt, because you only need to go down halfway, until your knees are bent about ninety degrees. You just need something to anchor the belt. If you can't perform either barbell or belt squats dynamically because they aggravate a knee or hip injury or condition, you may still be able to perform TSC belt squats with little or no joint pain. If executed correctly, TSC is very effective for strength and size gains. It is also safer than performing TSC with a bar on your back because you avoid compressing your spine. About a month ago, I had severe joint pain in my lower back and IS. At about the same time my knee starts to act (old football injury; reconstruction of the ACL, now some arthritis). In years past, I just wouldn't have worked the legs at all until the back and/or knee felt better. But this time I decided to a lower body TSC/SH that routine a test, thinking it wouldn't aggravate my problems, and maybe I'd be able to maintain my strength and size in the meantime. To my surprise, I actually made some size gains. Not sure of the strength because I won't be able to really test it until I return to dynamic exercises again. I look at the static now in a different light, and I start to throw in the static opportunity only upper body workouts to experiment. - Fred D. I saw this with customers and received feedback Timed Static Contraction Training. When properly performed TSC is an effective alternative to dynamic exercise to increase muscle strength and size. This TSC belt squat platform can also be used to increase the range of motion for deadlifts and as a heel support for better balance during Sisy freestanding squats. What you'll need: basic carpentry skills and safety equipment. (2) 16 x 24 x 3/4 plywood or high-density particle board (1) 16 x 24 x 1/2 rubber mat (1) U-bolt (1/1) 1 4 x 2-1/4 x 3) slices and walnuts (1) Carabiner (7/16 x 4-3/4) (6) 1-1/4 wood Saw Drill Screwdriver Wood Glue Contact clamps (or heavy weights) How to build it: Cut two boards of 16x 24 and a rubber mat of 16 x 24. Attach the planks to each other with wooden glue, then tighten them (or adjust weights on top) and let the glue set. Drill and counter the pilot holes in the boards near each corner and in the middle of the long side about 1 from the edges, then tie them with wooden screws. Sand the smooth edges. Paint or stain the wood and apply the sealant. Attach the rubber mat to the boards with contact cement and tighten it or adjust weights on top. Leave the cement set as long as directions indicate. Drill and counter the holes for the U-shaped bolt in the center of the platform so that the U-shaped bolt is aligned with the long axis of the platform. Attach the U-shaped bolt to the platform with slices and nuts and tie the musket. I chose these dimensions for my squat belt platform because they are just wide enough and deep enough to be stable and provide enough space for a shoulder-width position, and large enough to nullify the advantage of my relatively short legs and long arms when weightlifting. I don't recommend making the platform smaller than that, but you may want to make yours bigger if you prefer a wider position or want to add extra U bolts on the sides for other TSC exercises. How to use it: For the belt TSC squats position of the tpping belt so that it is high on the back of your buttocks, but no higher on the lower back. If the belt is positioned correctly, you will be able to feel your iliac crests with your thumbs when they are placed on top of the belt at your side. With the chain or strap running through the front and between your thighs, the belt will not slide down. If the chain or strap digs into your thighs painfully, you can cushion it with a pair of seat belt pads. Adjust the length of the chain or strap so that when you attach it to the musket while staying in the center of the platform with your feet shoulder width apart, you are unable to extend your knees beyond 90 degrees of bending, or lift your thighs more than 45 degrees above horizontal. If you are positioned higher, exercise is less difficult and compressive forces in the hips and knees can be dangerously high. If you are positioned lower, the exercise becomes too difficult for most to perform for the target time, and running TSC belt squats with parallel thighs on the ground is brutally If the chain is not long enough or the strap is the wrong length and is not adjustable, replace it with a longer chain or adjustable strap. To learn more about TSC, read Timed Static Contraction Training: A Guide to Minimalist High Intensity Isometrics available in-store. Shop. Shop.

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