

HOW TO AVOID SQUATS

AND NOT FEEL BAD ABOUT IT

By: Roman Charvet

It's no dark secret most men yearn for a pair of legs that would put even 7x Mr. Olympia Ronnie Coleman to shame and have all the gym bros asking what kind of protein they're putting in their breakfast pancakes. And let's dispel with the unfortunate stereotype that Instagram booty workouts aren't just for Sommer Ray and your latest favorite influencer. If you were to ask a man like Ronnie Coleman how he got such well-developed glutes and thighs, he'd likely wax poetic about the efficacy of a steady diet that includes raw eggs, oatmeal, chicken and you guessed it, those tedious, abhorred squats. Although there is nothing wrong with the aforementioned routine (in fact it's encouraged) I'm here to tell you that there is a light at the end of the tunnel for those of us who wake up with night sweats at the mere thought of an impending leg day. Another day and another chance to compromise our body's integrity. What if I told you that instead of walking around with a set of tree trunks for hamstrings, you could achieve a body fit for an underwear modeling campaign that ends up on the cover of a Fruit Of The Loom 3 pack of underwear?

Let me introduce you to a dynamic duo so imposing, so awe-inspiring, the likes of which we haven't seen since Shaq and Kobe, Michael and Scottie, or the WWE December 2000 tag team champions, Undertaker and The Rock. Yes, you guessed it. The *Hack Squat* and the *Bulgarian Split Squat*. I know the sound of split squats just scared you. The fear is palpable. I'd only ask you to consider how savvy you will undoubtedly sound when you say "*Bulgarian Split Squat*" to another gym-goer that wants to be privy to this new wave. Both exercises are incredibly efficient individually but especially effective when executed in conjunction with one another.

The *Hack Squat*, much like the regular squat, is a compound movement which is integral and the driving factor in inducing muscular hypertrophy. The real benefits, however, lie within the added stability the machine provides to you, leaving you undaunted by the proposition of a tweaked spine, a strain, or at its very worst, spontaneous combustion. Alongside the *Hack Squat* is its shy but just as equally charismatic little sister. The *Bulgarian Split Squat* is categorized as an accessory movement; a single leg exercise dedicated solely to the targeted muscle of your choosing, based on positioning and mind-muscle connection, further promoting growth but with a more targeted approach. It's a deeper burn with huge benefits to muscular endurance.

(Note to reader: Here is where I would include a better instruction with diagram)

Though I've personally seen the benefits of the inclusion of these two movements in my regimen, don't take my word for it. Notable bodybuilders who were proud disciples of the no-squat method include but are not limited to Dorian Yates and Jay Cutler. Granted, they were on substances other than whey protein and creatine sprinkled in their protein pasta, but I think your career as an underwear model is certainly still in bloom! Now, carry on and rest easy tonight knowing your chicken legs are now big Renaissance Fair turkey legs, and those leg day memes are no longer relevant. That was a long, long time ago.