

# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

## Deck Squats

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I use deck squats as a great tool for core work and for lower body explosion as well. I can use deck squats with my adult clients, young or elite athletes. They are easily modified and easy to turn into a challenging exercise.

### Modified Deck squat

You can use a sturdy bench or folded panel mat and elevate it up to any surface such as a platform. Starting with just body weight, squat down until you reach the mat and stay in a tight ball, roll back to the shoulders and as fast as you can, roll back up to a standing position by pressing the heels to the floor and leading up with the chest.



## Deck Squat to Box Jump

Once the athlete can complete a proper deck squat on a flat surface, we can add weights, jumps, over head presses and even up to box jumps.

