

Sissy Squat

By

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There are a few movements that are more productive than others and the Sissy Squat is one such movement. In addition to it being productive it is also extremely versatile. It can be used as a warm-up movement, a flushing movement, a finishing movement, a specialization movement, a general conditioning movement, a bulking movement, a mass movement, or a reducing movement. On top of all that, it is one of the most difficult movements, if done properly, you can do.

I see bodybuilders all the time performing what they call Sissy Squats. I've also seen them illustrated in magazines and in both cases they were not really the full version of this great movement. Vince Gironda promoted a Sissy Squat that consisted of three different parts. Even some of his top students were unable to perform it the way he advised.

For the most part, people who perform Sissy Squats do so with body weight only or hold a barbell plate across their chest for added resistance. Both are good versions of the Sissy Squat and they will produce results but it is not the way I suggest doing the movement. I use a combination of techniques learned over the years to make it a powerful and forceful movement. I took some aspects from Vince Gironda, some from others and added a little bit of my own ingredients to make a Sissy Squat formula that I've found to be the most productive of all.

I advocate the use of a barbell in the movement. Naturally someone just learning how to perform the Sissy Squat should do so without any added weight. Performing the

movement freehand style (bodyweight only) is also permitted depending on what you are trying to accomplish with the movement.

The reason most people cannot perform the Sissy Squat with a barbell is that they are afraid they will lose their balance. This will happen if you do not keep your heels raised high enough on a block and if you do not keep your shoulders directly over your heels. Make sure you do these two things and you will not have any trouble with your balance.

1. I use a block of wood that is 24” long and is 3.5” thick. The size and dimensions of the wood block is critical.
2. Position the heels on the wood block so that they extend over the top. Feet should be about 12” to 24” apart with toes pointing slightly outward.
3. Now let your knees drop down but forward and have your upper body at an angle. Maintain your balance by keeping your shoulders and the barbell over your heels at all times.
4. Once in the bottom position move your hips back over your heels in a somewhat squatting position. Now using only your thigh muscles return to the starting position.

If you are able to perform the Sissy Squat as outlined you have accomplished something you will find extremely rewarding. Your legs will reward you with exceptional shape, definition, size, endurance, mass and strength. Even experienced bodybuilders will have to take the time to practice this movement in order to perform it correctly. The single biggest mistake people make while attempting the Sissy Squat using this method is they become discouraged and give up. It’s difficult but stay after it. Once mastered, you will be glad you did.

If your heels are not located in the proper position you will not be able to perform the movement correctly. Pay special attention to the block of wood and the heel position in photo's A and B. This is the foundation for the movement. If the block is not the right height or if your heels are not located as they should be, you will not be able to balance yourself.

Photo's 1 through 7 show various positions during the movement. You may have to begin without using a barbell across your chest. As long as you keep your shoulders over your heels you won't lose your balance even though it may feel like you will. In the beginning this movement feels unnatural, with practice you will feel more confident and be able to concentrate on the movement itself rather than your balance.

When you are able to perform 3 to 4 sets of 15 reps with a barbell that weights between 65 and 135 pounds, you'll wonder how this movement ever got the name "Sissy Squat."

Happy Training.

Sissy Squat Execution Pictures



Photo A



Photo B



Photo 1



Photo 2



Photo 3



Photo 4



Photo 5



Photo 6



Photo 7