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Squat knees over toes reddit

youtube.com/watch?... Hi I've been following stronglifts 5x5 and turning my feet out 30 degrees during squatting. Alan Thrall said to do that too!However, a buddy of mine told me the proper form is with straight feet. There's some proponents to this like Kelly Starret from mobilitywod.com!m not sure what to believe anymore...and I don't want to squat anymore... I can't think for myself because I'm not an expert on the subject! just want to protect myself from injury.Which is the right way: straight toes or not?EDIT: I want to thank you all for the sound advice and I hope others have benefited from this as much as I have. God blessPage 2 189 comments I was squatting with my friend yesterday when he said my knees went over my toes and that was bad for them even though I don't feel knee pain from squatting. Is he right or not? (I low bar squat and he high bar squats)Page 2 132 comments 32, 195 pounds, male, 6', modified ICF 2 months, 165 pounds squat.I've worked up to 200 on squat and deloaded twice to deal with form critique. I healed my adductor pain finally, using Limber 11, and finding a comfortable stance, and can even get close to ass to grass. The pain started when forcing my toes forward on squat. I now stand a bit wider (around shoulder width, maybe slightly more) and toes out 20 degrees or so.I get absolutely no pain if I just squat. If I actively push my knees out during squat movement I get sharp inner thigh pains. Is it possible that I'm still not strong enough to progress, or is a very small amount of knee valgus okay?Page 2 18 comments So I've noticed that when I squat I have this tendency to overdo the knees out cue commonly used to fix knees caving in out of the hole. My descent is fine until I reach the hole at which point my knees start to track outside of my toes and then pull back in line with them on the way up.I'm struggling to find any resources on this since it appears to be an uncommon issue. Is this a technical problem, strength issue, mobility related or can it be fixed by altering my stance? I've tried simply not pushing out as much and just feel really weak out of the hole and don't feel like I have my glutes engaged as well. Really not sure where to start with this.Page 2 11 comments So I just got a squat rack a month and a half ago and all my exercises are doing great and moving up. deadlift 205-275, bench 95-125, ohp, 75-90, clean 95-115, but squats are just wrecking my knees. I do fine at lower weight at about 135, but when I push it up to 150-160, my knees will hurt and feel stiff when in the squat positions for weeks afterwards (The pain starts when I'm just above parallel and then when I'm into the deep squat there is stiffness in that position). My knees haven't felt right since I started this program and I've never had knee problems in my life, they do gradually heal up but never 100% and that allows me to move up into the 155-160 range but then I just hurt them again. I never actually feel any pops or sprains during the workout, I'll just be hurting the next day, hopefully that means I'm not doing any serious damage. When the pain is bearable I can do pistol squats @ 200lbs bodyweight and like I said squat about 160, based on the fact that I can do pistols and that my deadlift is 275 I think I should probably be able to go higher than 160. I know that's a low weight so my form must be awful to be hurting myself like this. I've watched the starting strength dvd a couple times now; I follow all the pointers like driving up with the lower back, keeping weight on the heels, ect. when I lift I feel like my core and upper legs are stressed the most and I think that's a good thing. I'm probably going to need to upload a form video later for you guys to critique.Please don't tell me to man up and do squats or anything like that, I'd absolutely love to be doing squats.Page 2Posted byu/deleted10 years ago 41 comments Hey, I'm new to the ATG and KOT community, and I'm wondering what the response is to someone like Athlean-X's criticism of the "sissy squat" - sounds like ATC's variations of the sissy squat still include exactly what Athlean-X is saying is wrong and dangerous about it. Any comments? My coach / gym owner has a thing where he wants everyone's feet to be pointing as straight forward as possible during a squat. My legs / hips are designed so that naturally my feet need to be around 45 degrees pointed outwards to be able to get into a good position. I don't ever walk with my feet pointing forward and it is a very awkward and unnatural position for me.He is rather anal about making everyone's feet pointing straight forward to a point where he tells people to get in their normal squat stance and then manually points their feet straight forward and tells them to squat that way.Is he being too anal about the feet pointing straight forward?Page 2 55 Kommentare Have any of your bros done the knees over toes guy workouts? I wanna see MPMD do a review on knees over toes guy's program.Page 2 6 comments Hi, I was wondering if there's a definitive correct position for your feet during squatting? I have seen that Kelly Starrett's stance is that a squatter's feet should always be facing forward. I find that when I squat, I cannot squat beyond parallel without my feet rotating outward. Is this incorrect?Thanks ahead of time for any input!Page 2 14 comments

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