

• **Front squat**




vs.

back squat



Petra Hromádková

◎ 3 studie 

- Úhly – kolena, trup 
- Tlakové síly, momenty sil 
- Aktivita svalů 

◎ cca 10 dobrovolníků 

◎ Senzory na hlavních kloubech 

◎ Senzory elektrické aktivity svalů

◎ Vysokorychlostní kamery 

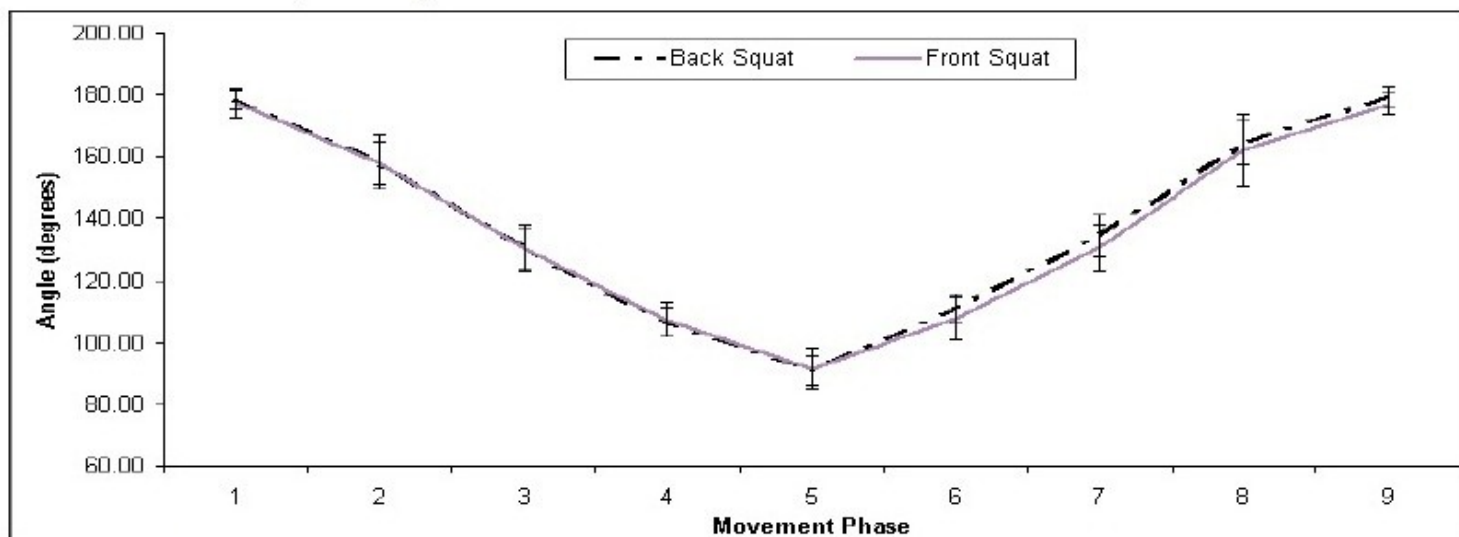
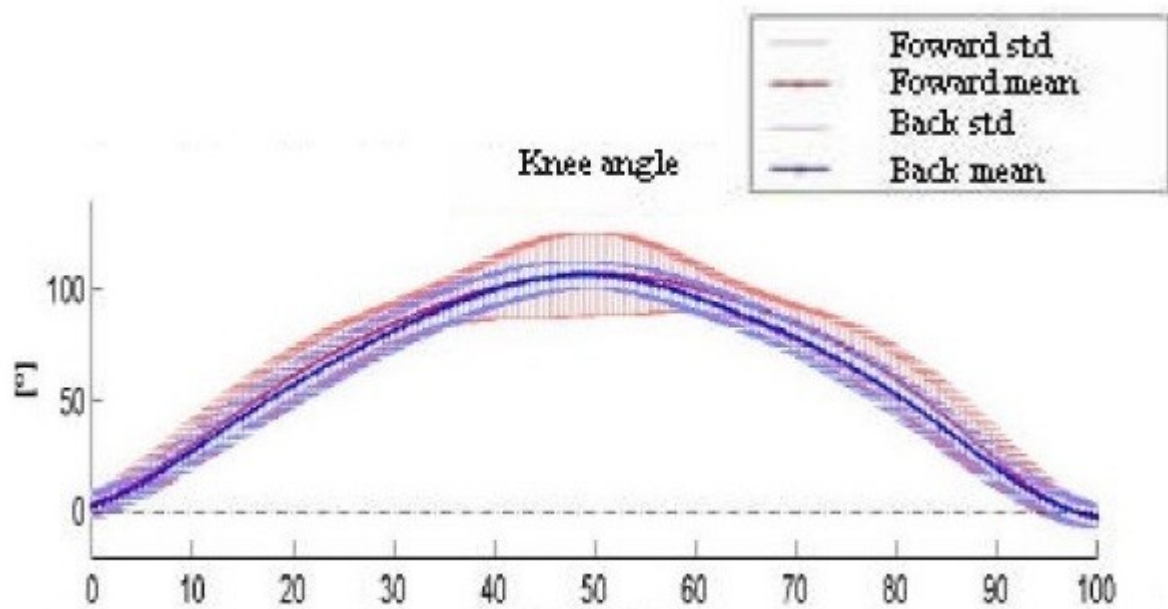
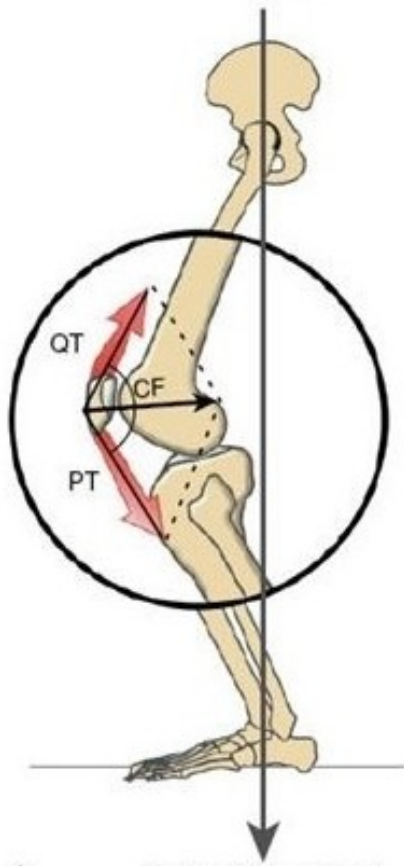
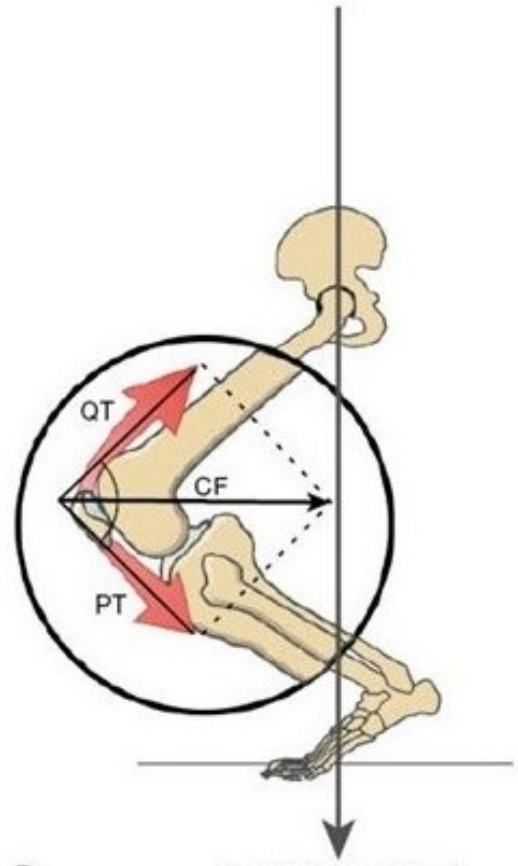


Figure 2: Mean (\pm SD) changes in relative knee joint angle throughout front and back squat performances.



A Body weight and load



B Body weight and load

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 (From Neumann: Kinesiology of the Musculoskeletal System, 2nd edition.)

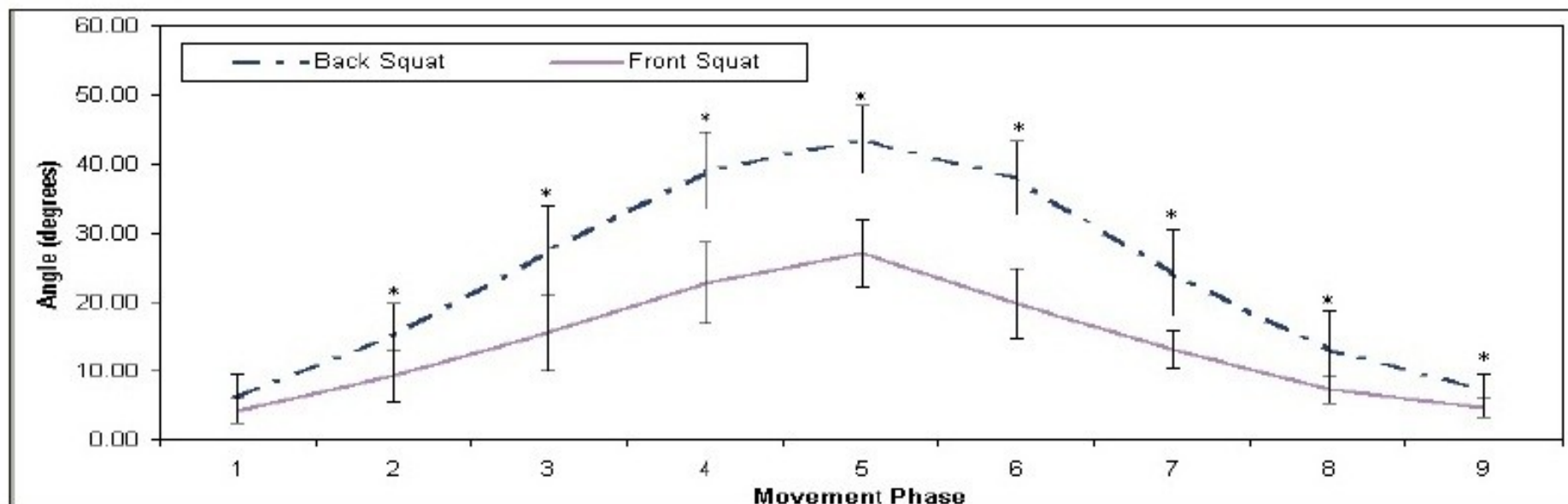
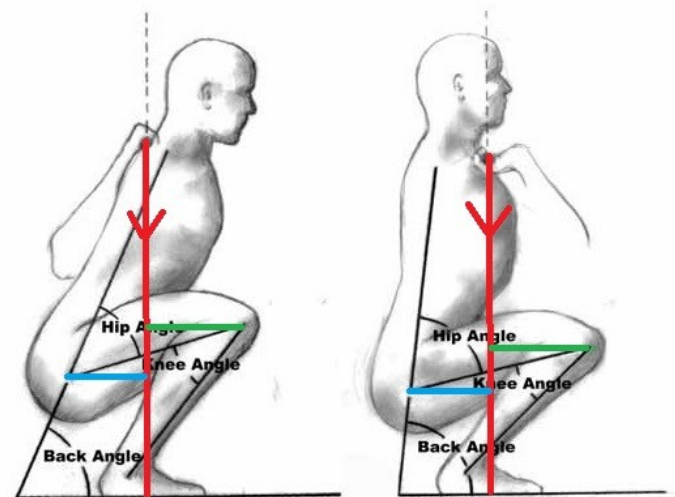
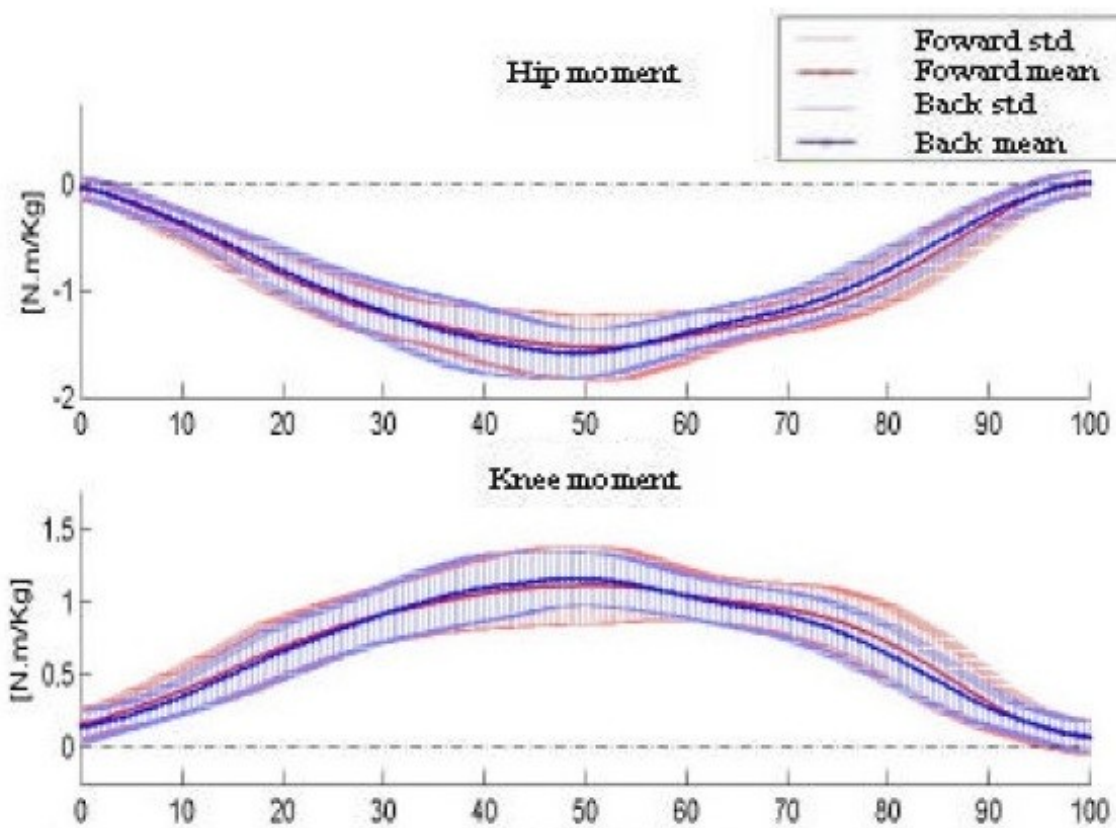
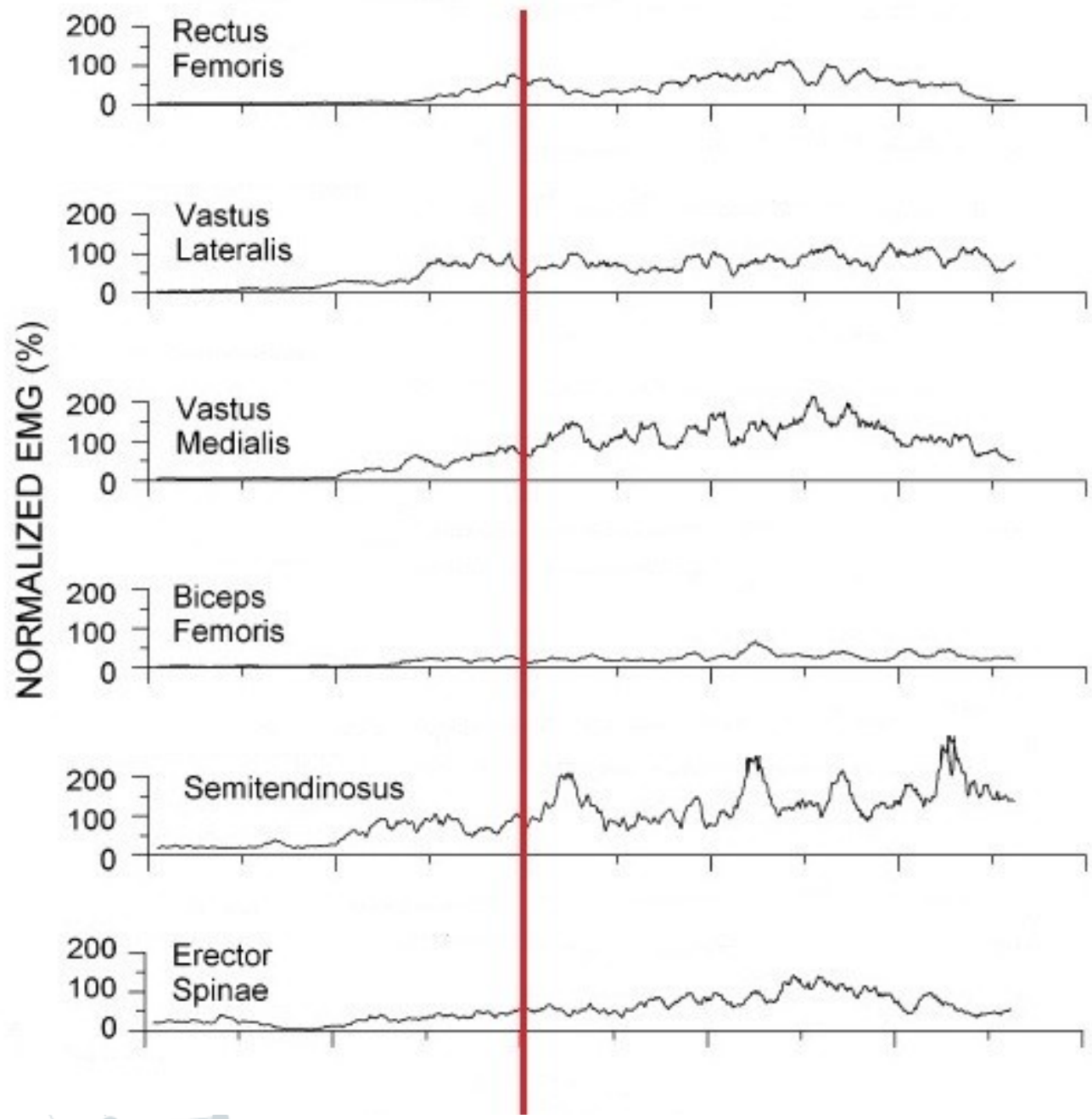


Figure 3: Mean (\pm SD) changes in relative absolute trunk lean angle throughout front and back squat performances. (* $p < 0.05$).





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