

Forum:[Hack Forums](#)

Thread: [Best way to increase squats?](#)

boost - February 12, 2019, 2:00 pm

I've been lifting for a while now but I've been stuck at 145 lbs on squats (3x8) for a while lol. I see girls and skinny dudes throwing up the same weight if not more.

Do you guys have any recommendations? Been in the gym for 2 years now, though i haven't hit it really hard since i started. Ik my strength should probs be way higher. Currently benching 185 4x3-4

Jester Race - February 12, 2019, 7:05 pm

Follow stronglifts and youll squat 3 plates in half a year

boost - February 12, 2019, 8:16 pm

(Feb 12, 2019 08:05 PM)Jester Race Wrote: [\[CITE\]](#) Follow stronglifts and youll squat 3 plates in half a year

So looks like 5x5. I'll try that out on squats, I've done it on bench and was able to finally put on more weights

Jester Race - February 13, 2019, 5:59 am

(Feb 12, 2019 09:16 PM)boost Wrote: [\[CITE\]](#) So looks like 5x5. I'll try that out on squats, I've done it on bench and was able to finally put on more weightsProgressive overload is the key, when you hit the 5x5 on any weight, increase it by the next workout.

boost - February 13, 2019, 5:24 pm

(Feb 13, 2019 06:59 AM)Jester Race Wrote: [\[CITE\]](#) Progressive overload is the key, when you hit the 5x5 on any weight, increase it by the next workout.

If i'm benching 185 but only for 3x3-4 should I keep doing this or drop the weight?

Shelob - February 15, 2019, 6:41 am

Use the back belt, it helps sometimes

Arefas - February 15, 2019, 7:43 am

(Feb 15, 2019 07:41 AM)Shelob Wrote: [\[CITE\]](#) Use the back belt, it helps sometimes
It makes it harder for me idk why

Shelob - February 15, 2019, 7:44 am

(Feb 15, 2019 08:43 AM)Arefas Wrote: [\[CITE\]](#) It makes it harder for me idk why
i feel less pain while using it, made me increase the weight

Arefas - February 15, 2019, 7:52 am

(Feb 15, 2019 08:44 AM)Shelob Wrote: [\[CITE\]](#) i feel less pain while using it, made me increase the weight
yeah less pain but i feel uncomfortable

Woods - February 15, 2019, 7:52 am

I'm currently playing college football and learned a lot when it comes to strength. One thing I have learned is if you would like to push more weight then you need to lift heavier weight with fewer repetitions.

For example, I'm in offseason at the moment so I'm bulking so this morning I did 295 (5x3), I would recommend bumping the weight up 20 pounds and go for a (5x5) lifters method. This method is pretty simple, every time you squat you have a set weight. (Say it is 160 lbs) You are gonna bump up the weight every time by 5-10 pounds IF AND ONLY IF YOU GET ALL 25 REPS. If you get 24 then you need to stay at the same weight.

I'd say a good plan for you would be:
160, 175, 190, 200, 205 and so on.

(Feb 15, 2019 08:44 AM)Shelob Wrote: [\[CITE\]](#) i feel less pain while using it, made me increase the weight

Work on your core, a lifters belt should not be used in squatting as you ARE NOT supposed to be using your back.

?v?l?????™ - February 15, 2019, 9:50 am

Progressive overload and more food.

boost - February 15, 2019, 6:46 pm

(Feb 15, 2019 08:52 AM)Woods Wrote: [\[CITE\]](#) I'm currently playing college football and learned a lot when it comes to strength. One thing I have learned is if you would like to push more weight then you need to lift heavier weight with fewer repetitions.

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I'd say a good plan for you would be:
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Gonna start this next week. I think I could hit 175 (5x5). Will test it out and see if I can for sure. Whenever I hit squats, it makes me feel like I'm doing cardio. I get tired af lol

Sixen+ - February 15, 2019, 7:10 pm

Volume and intensity. Squat more frequently, grab a spotter, and week by week increase the weight and if you need a spot to help you, have him/her do it.

boost - February 15, 2019, 7:15 pm

(Feb 15, 2019 08:10 PM)Sixen+ Wrote: [\[CITE\]](#) Volume and intensity. Squat more frequently, grab a spotter, and week by week increase the weight and if you need a spot to help you, have him/her do it.

I used to only do once a week on legs, but just started hitting everything twice (sometimes I'll skip shoulders). And spotter isn't an option for me, unfortunately :/

Gonna do 5x5's though and see if I can improve within weeks. I def feel like I should be hitting way more after 2 years of working out ?

Sixen+ - February 15, 2019, 7:35 pm

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5x5s will work. Just do legs more times a week. Also, don't be afraid to increase the weight. That was one of my biggest fears for squatting is that I didn't want to increase the weight. Once I got over this, my squat sky-rocketed.

(Feb 15, 2019 10:50 AM)?v?l?????™ Wrote: [\[CITE\]](#) Progressive overload and more food. Couldn't have said it better myself.

boost - February 16, 2019, 12:00 pm

(Feb 15, 2019 08:35 PM)Sixen+ Wrote: [\[CITE\]](#) 5x5s will work. Just do legs more times a week. Also, don't be afraid to increase the weight. That was one of my biggest fears for squatting is that I didn't want to increase the weight. Once I got over this, my squat sky-rocketed.

Yeah definitely. Honestly just think I'm not as motivated on leg days. Once in a while I'd come in hyped then the weights would feel light. Most of the time I come in all sluggish and the weights feel heavy. I usually finish legs quick af and not doing all the sets/ reps lol

Ziamerkov - February 27, 2019, 2:53 pm

Eat enough, push yourself harder. You can provably do more than you think. Me for example Im lazy and do 5x5 at 315 although I k ow I can do 10 reps a set.

for strength go 3x3 always. eat 500 calorie surplus from maintain and just oush yourself.

boost - February 27, 2019, 3:07 pm

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You've seen results with 3x3? For some reason I feel like i wont get as much gains. I'd probably have to put more weights on if I'm doing that huh? I could hit 185 4x5 atm.

Numb? - February 27, 2019, 3:37 pm

I squat 225 and I suggest you look into Reverse Pyramid Training. Three sets progressively lighter and more reps. You'll find it easy to break through your plateau

Ziamerkov - February 27, 2019, 10:44 pm

(Feb 27, 2019 04:07 PM)boost Wrote: [\[CITE\]](#) You've seen results with 3x3? For some reason I feel like i wont get as much gains. I'd probably have to put more weights on if I'm doing that huh? I could hit 185 4x5 atm.

Yes. 3x3 you have to go higher of course. If you can do 4 reps or perhaps 5 on a certain weight it wont help to do 3x3 on the exact same wait. Ypu need muscle overload.

If you can do 185 4x5 perhaps you can try to do 190 3x3 or something similar. 3x3 has been the best way for be to gain strength atleast and for most people I know as well. Training with low reo count and higj weight increases strength/muscle growth and also improves your cns which is vital to being explosive.

Actually by training both bench press, deadlift and squat with low reo count high weight you improve your strenght in all lifts. Bench can help you gain strength for squats.

The key is simply develope better cns by training explosive. Best way for explosive training is 3x3.

Btw what is your 1 rep max?

(Feb 27, 2019 04:37 PM)iceboy Wrote: [\[CITE\]](#) I squat 225 and I suggest you look into Reverse Pyramid Training. Three sets progressively lighter and more reps. You'll find it easy to break through your plateau

No. He wants to gain strength, not size after what I have read. Also one should go for strength in the beginning and not hypertrophy imo.

Pyramide training, drop sets, etc won't gain you significant strength compared to low rep high weight

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Gotcha, will def test this out next time. I always get tired doing 5x5 lol

As for my max rep, I'm not even sure tbh. I don't have a spotter. I tried 225 before but couldn't get low enough. Haven't done it in over a year though, but I want to try again next time I hit legs.

Ziamerkov - February 27, 2019, 11:02 pm

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Okay. If you can make 225 1 rep you definety need to increase weight from 185, haha.

5x5 is boring af i agree. Does not your gym have those squat racks with a type insurance? A bar which secures you if you fail..?

boost - February 27, 2019, 11:12 pm

(Feb 28, 2019 12:02 AM)Ziamerkov Wrote: [\[CITE\]](#) Okay. If you can make 225 1 rep you definety need to increase weight from 185, haha.

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Ah yeah they do. They have the little safety strap thing on each side that I could move up or down.

Ziamerkov - February 28, 2019, 5:07 am

(Feb 28, 2019 12:12 AM)boost Wrote: [CITE](#) Ah yeah they do. They have the little safety strap thing on each side that I could move up or down.

Then those are your spotters

CueBasE - February 28, 2019, 1:23 pm

Get your form perfect before you worry about going heavy.

Learn how to properly use a weight belt.