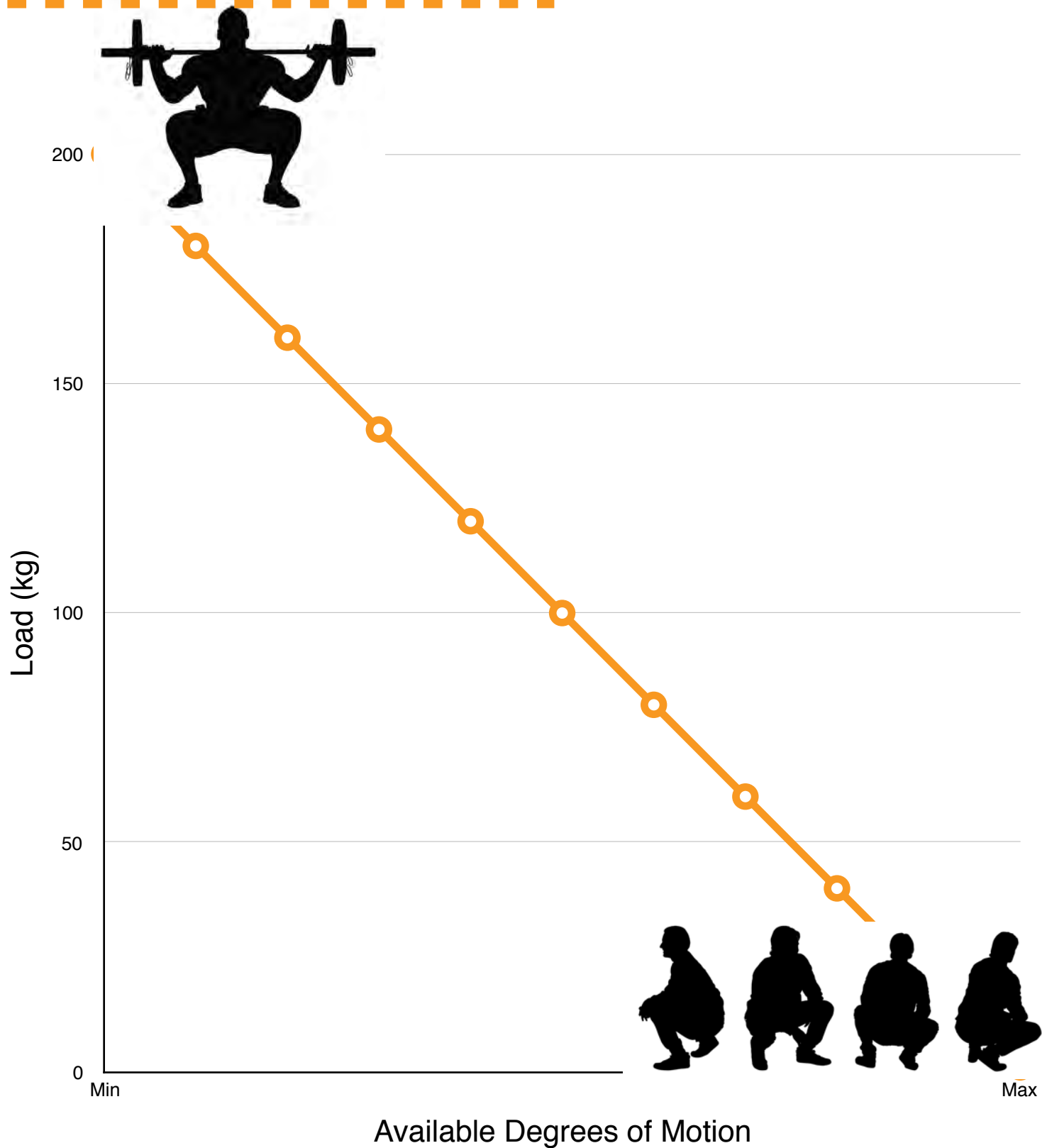


# FREEDOM OF MOTION PRINCIPLE

A maximally loaded squat requires strict form.



Bodyweight squats have room for lots of play when it comes to form.

**Load** and **degrees of motion** are inversely related. This means that as load **decreases**, deviations from strict form may increase **without causing injury**.

