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The Squat Bible is a great book for beginning lifters or coaches. It teaches the squat basics of each fundamental squat patterns (back squat, front squat, overhead squat). The book then goes into a concept known as the Joint-by-Joint Concept, previously discussed in other books such as Mike Boyle's "Functional Training".

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But if you ' re new to weight training, or have aspirations of becoming a personal trainer or strength coach, The Squat Bible is definitely for you! The Squat Bible was written by Dr. Arron Horschig (the primary author), Dr. Kevin Sonthana, and Travis

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Neff. The subtitle of this 127-page book is, “ The Ultimate Guide to Mastering the Squat and Finding Your True Strength. ”

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