

SQUAT



- Stand with legs shoulder width apart.
- Push your hips backward as you squat down to 90 degrees (thighs parallel to the ground) and keep the knees in line with the toes.
- Ensure to keep the back straight and the head up throughout the squat.
- Notes:
 - Keep your hands/arms out in front for balance.
 - Do not allow your knees to collapse inward while sitting into and standing out of the squat position.

Beginner	Intermediate	Advanced
1-2 sets; 5-10 reps	2 sets; 10-15 reps	3 sets; 10-20 reps