

Squat



Instructions:

1. Stand up with your feet shoulder-width apart.
2. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees.
3. Press your heels into the floor to return to the initial position.
4. Repeat until set is complete.

Proper Form and Breathing Pattern:

- When doing squats maintain your back alignment, by keeping your chest up and your hips back. Don't let the knees extend beyond the toes and put pressure on the heels of the feet. Breathe in as you squat and breathe out as you come up.
- GOAL: 3 Sets of 10 Reps

Exercise Benefits:

- Squats are a great exercise to tone the legs and the glutes and to strengthen the knee muscles. If done regularly, you can expect to see improvements in both your flexibility and balance. Squats are also great for getting the blood pumping through the entire body, thus promoting circulation, removing waste and reducing cellulite.