

Body Squat

Equipment Needed: None

Start at this Position:

- Stand with your feet shoulder width apart, knees slightly bent, and feet facing forward.
- Extend your arms in front of your body, keeping them aligned with your shoulders and parallel to the floor. *Refer to Start Position Side View.*
- Do not lock out your elbows. Maintain this position throughout the exercise for balance.
- Stand with your back straight and head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Inhale as you slowly squat, simultaneously bending at your waist and knees.

2. Middle Position



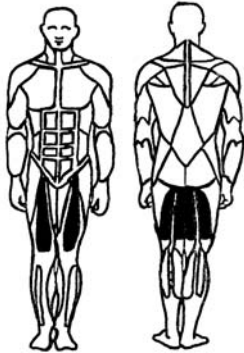
Continue to squat, keeping your knees aligned with your toes and your back straight. Look straight ahead, maintaining the starting arm position for balance.

3. End Position



Squat until your upper thighs are parallel to the floor. Do not let your knees extend beyond your toes. Hold for 1/2 a second. *Refer to Figure A.*





Region: Legs

- Primary Muscle Worked: Quadriceps, Hamstrings

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight.
 - Keep your knees aligned with your toes.
 - Keep your arms in front of your body, aligned with your shoulders and parallel to the floor.
 - Look straight ahead.
- At start position, do not lock out your knees.
- At end position, **never let your knees extend beyond your toes.**
- At end position, never let your thighs go lower than parallel to the floor.
 - **Do not perform this exercise if you feel discomfort in your lower back.**

4. Return to Middle



Exhale as you slowly return to start position.

5. Return to Start



Do not lock out your knees. Hold for 1/2 a second, squeezing your glutes. Repeat the movement for the recommended number of repetitions.



Figure A

