

How to do a Squat



- Eyes looking up
- Head straight
- Arms out in front
- Feet straight or slightly toed out
- Feet slightly wider than shoulders
- Knees over toes
- Abs tight, butt tight
- SIT BACK, NOT DOWN!
- Push feet out—grab ground with toes
- Push knees out
- Keep the arch in the lower back
- Chest up
- Shoulder blades together



OTHER SQUAT VARIATIONS



Door Squat

Grasp a doorknob (make sure it is secure) with both hands. Keep your feet about 6"-8" from the edge of the door, feet shoulder width apart, and arms straight (no bend in elbow). Lower down to a comfortable depth and rise up.



Ball Squat

Place ball against wall standing with back to ball with half the ball below your belt and half above. Keep feet shoulder width apart. Keep toes forward or slightly toed out. Look straight ahead and keep chest up. Lower to a comfortable depth keeping knees aligned over toes while lowering and rising up. Perform 10 repetitions.

Squats are one of the most functional of all exercises. Think about how many times a day you squat. When you drop your keys, pick up your child, get into and out of your car, on and off of a chair, pull a weed out of the garden, etc., you are performing squats. Squats involve your body weight moving against gravity to keep you from falling down and then propelling you back to a standing position. Squats utilize all of the largest and most powerful muscles in the body, i.e., the quadriceps, hamstrings, glutes, calves and the back muscles to stabilize the movement. So, how can you afford NOT to do squats?