

Level 3 Strength Exercise #14: Squats

Objective: This exercise strengthens your glutes and quads.

How to begin:

1. **Begin standing with your feet shoulder-width apart with your arms straight out at chest height. Your shoulders should be stacked over your hips, your hips centered over your feet.**
2. **Breathe in as you lower your hips and sit back, keeping your weight in your heels, until your thighs are parallel to the floor. Keep your back straight and your chest up throughout the exercise.**
3. **Hold this position for one second, then press away from the floor with your heels as you breath out & lift your body upwards, back to the starting position.**

***Tips: Avoid leaning forward too much. You do not want your knees to go over or past your toes.*

How to progress:

1. Use hand weights.

The following activities can be similar to this exercise:

1. Getting in and out of a car.
2. Standing up after using the restroom.
3. Getting up from the dinner table.

Goal:

Do ___ sets, ___ per set.

Increase to: ___ sets ___ per set.

