

## SQUAT THRUST



### START

- Stand with your feet shoulder-width apart and your arms by your sides

### POSITION 2

- Lower into a squat position and place your hands on the floor

### POSITION 3

- Kick your legs backwards into a plank position
- Make sure you keep your back flat and abs tight

### POSITION 4

- Jump your legs forward to return to a squat position

### END

- Return to the standing position
- Repeat

## MUSCLES TARGETED

### GLUTES, QUADS AND HAMSTRINGS

- Squat thrusts primarily work the leg muscles, but are also considered a "full-body exercise"
- Performing squat thrusts also requires some assistance from the triceps, pecs, abs and core muscles
- As with other endurance exercises, if performed for a sufficient length of time, squat thrusts are also a cardiovascular activity that strengthens the heart muscle and works the respiratory and circulatory systems

### NOTE

*Technique is key as performing it wrong compromises results and leads to injury. Done correctly, squat thrusts work your lower-body, heart and circulatory system.*