

SQUATS BEGINNERS

START



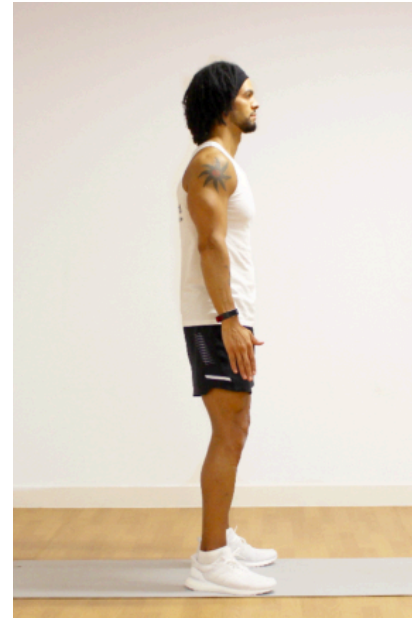
- Stand with feet shoulder width apart
- Keep shoulders back with arms to the side
- Look forward and keep abs tight

MIDDLE



- Inhale and slowly come down keeping heels on the floor
- Try to end with hamstrings parallel with the floor
- Keep head forwards, shoulders back and core tight

END



- Exhale pushing through your heels keeping feet flat
- Maintain good posture as you come to the top
- Keep eyes on fixed spot to help with balance
- Repeat the sequence

MUSCLES TARGETED

QUADRICEPS, HAMSTRINGS AND GLUTES

- Squats are a great strength building exercise for lower body
- They are also a great fat burning exercise too as they work all the muscles in your lower body in one movement

NOTE

Remember to keep your knees behind your toes when squatting as this will reduce risk of injury. Make sure you master your technique before increasing the weight.