

# Squat



**Description:** Place feet a little wider than shoulder-width apart, hips stacked over knees, knees over ankle. Extend arms out straight with palms facing down or at sides with dumbbells. While the butt starts to stick out, make sure the chest and shoulders stay upright, and the back stays straight. Keep the head facing forward with eyes straight ahead for a neutral spine. Let the hips drop so that your thigh is parallel to the ground. Engage the core and exhale while driving through the heels to return to a standing position. Aim for a slower lowering phase and a slightly quicker upwards phase. Imagine your feet are spreading a towel on the floor without actually moving the feet. This helps to prevent the knees from collapsing inwards.

**Sets/Reps:** 3 sets of 10-12 repetitions.

**Common Mistakes:** Common mistakes include a rounded back and shoulders, knees extending past toes and feet too close together. Note: Allowing the back to round (like a turtle's shell) will cause unnecessary stress on the lower back.

**Target Muscles:** Quadriceps, hamstrings, glutes.

**Modifications:** There are many modifications to the squat. They can be done with or without weight, with varied stances or with different equipment including dumbbells, barbells, kettlebells or resistance bands. There is a squat for every fitness level. If you're looking for more advanced options ask the Wellness Centre staff for advice.

**Tip:** Try squatting onto a box or bench. Gently tapping it with the butt will be a reminder to squat low.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

