

Curtsy Squat



Description: Stand with your feet hip-width apart. Take a step backwards with your right leg and cross it behind the left leg. Lower yourself so that your thigh is parallel to the floor. Keep your upper body upright with eyes forward and hands on your hips. Return to starting position by contracting the quads and glutes.

Sets/reps: 2-3 sets of 10-12 reps.

Modifications: Lower your thigh to a lesser extent, not reaching parallel to the ground.

Common Mistakes: Rotating the hips.

Target Muscles: Quadriceps, Glutes, Calves.

****Tip:** Focus on keeping hips and torso square and facing forward throughout the movement to maximize glute activation.

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



Movement of the Week

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