

Squat



Feet shoulder
width apart



Squat - Bend
at the hip,
back flat



Knees aligned
with toes



Knees do not
go far over
toes

Preparation:

- Stand with good posture, feet are shoulder width apart

Execution:

- Perform a squat by bending at the hip
- Stop at the point where you cannot keep your lower back flat
- Rise up by straightening at the hip

Squat - Arms Neutral



Start Position



Squat - Bend
at the hip,
back flat



Knees aligned
with toes



Finish Position

Preparation:

- Stand with good posture, feet shoulder width apart
- Have arms relaxed by your side

Execution:

- Perform a squat by bending at the hip
- Rise up by straightening at the hip