Squat

**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

**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