

# **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.