

BASIC MOVEMENTS

Exercise Name

BASIC SQUAT

Description

Put your feet parallel, hip-width apart (your hip joint is in the middle of your thigh). I like to put my hands in my waistline when doing a Squat. Some people also hold their arms straight out in front of their body but it's not really necessary. Bend your knees like you would sit down on an imaginary chair which stands right behind you. When you look down toward your toes you should always be able to see them which means that your knees are never positioned ahead of your toes. That allows more muscle work and less pressure on your joints. That is essential!

Common Fault

There is two more very important points to consider:
1. Your knees should always stay parallel! Do not let them point inside or outside. They are always keeping the same distance between them from starting to the finishing position.
2. Your lower back should always be naturally arched. Never bend your lower back while bending your knees. Watch yourself in a mirror! If you cannot hold it straight through the full range of motion just go as low as you are able to do so. It is better to have proper posture than greater range of motion. If you do it a couple of times you might be able to go deeper. Slowly improve. Stretching the muscles of the back of your thighs may also help.

Please note:

- You will increase the difficulty of the exercise by using weights. First it is important that you do the Squat the right way, that's why it is good to just work with your bodyweight first.

position 1



position 2



position 3

