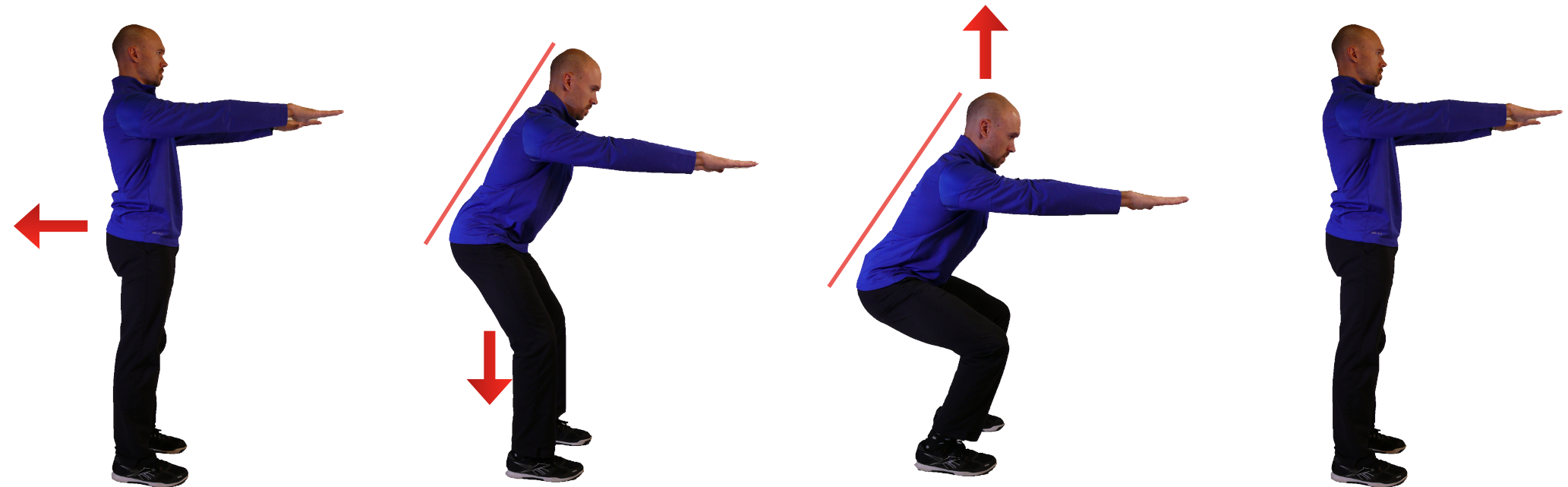




SQUAT



INSTRUCTIONS

Step 1: Take a shoulder width stance

Step 2: Push hips backward and down

Step 3: Lower body as if you were going to sit on a chair maintaining neutral spine and heels on the ground

Step 4: Allow your knees to travel in the same direction as your feet

Step 5: Push through your heels and return to the standing position

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____