

# EXERCISE OF THE MONTH

## Squat

### Start Position



### How to Perform

Begin standing with your feet slightly wider than hip-width and your toes turned out slightly. Pull the shoulders down your back toward your hips. Engage your abdominal/core muscles to stabilize your spine. Keep your chest lifted and your chin parallel to the floor.

### End Position



### How to Perform

**Downward Phase:** Begin this phase by hinging at the hips, shifting them back and down. Your hips and knees bend simultaneously. As you lower your hips the knees bend and will start to shift forward slowly. Try to prevent your knees from traveling too far forward past the toes. Continue to lower yourself until your thighs are parallel or almost parallel to the floor.

**Upward Phase:** While maintaining the position of your back, chest and head and with the abdominals engaged, exhale and return to start position by pushing your feet into the floor through your heels.

### Muscle Groups Exercised



### Coaching Tips

- ✓ Keep the abdominals/core muscles engaged and try to keep your back flat
- ✓ Keep the heels flat on the floor
- ✓ The hips and torso should move together
- ✓ Think about inhaling on the way down and exhaling while exerting on the way back to the initial standing position

*\* See your PFT for alternative exercise variations and equipment*