

SUMO SQUATS



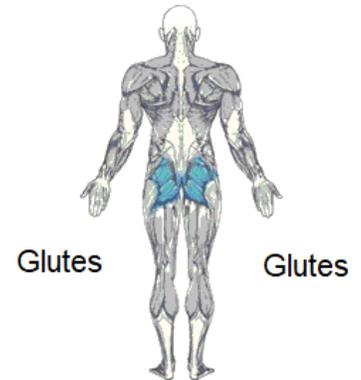
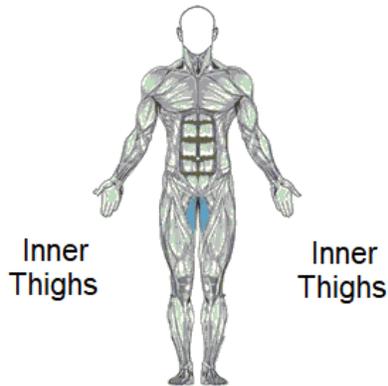
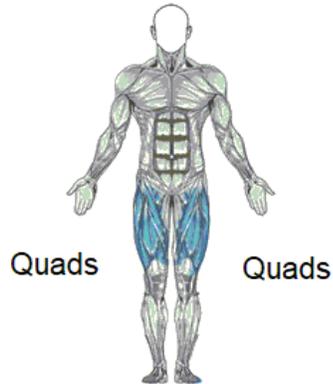
1. Stand tall with your feet placed at shoulders width apart and your toes pointing outwards. Keep your heels slightly elevated by placing a small weight plate under each heel. Bring your hands together just below your chin level as you make a fist, with your elbows pointing out and your head facing forward. This will be your starting position.
2. While maintaining a straight & upright posture, begin to squat down by flexing your knees forwards & outwards as you go down while keeping your inner quads, glutes & inner thighs muscles fully engaged.
3. After reaching a full squatting position, engage your inner quads, glutes & inner thighs muscles to bring your body all the way back up to a full-standing position.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: STOP immediately if you felt any sharp knee and/or lower back pain. Make sure to always maintain a straight & upright torso while performing this exercise to force your inner quads, glutes and inner thighs muscles to handle most of the work load without putting any negative pressure on your lower back.

ALTERNATIVE EXERCISES: [Seated Leg Press](#) / [Hack Squats](#) / [Leg Extensions](#)

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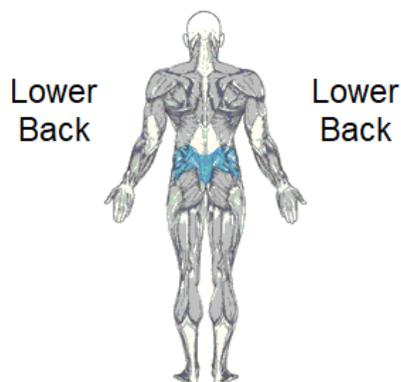
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%90** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%10** when performing this exercise.

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