

# BODYWEIGHT SQUATS



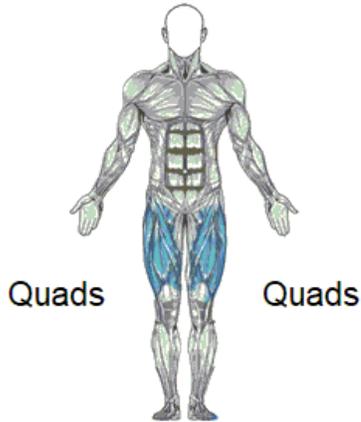
1. Stand tall with your feet placed at about hips width apart, and your heels slightly elevated by placing a small weight plate under each heel. Bring your hands together just below your chin level as you make a fist, with your elbows pointing out and your head facing forward. This will be your starting position.
2. While maintaining a straight & upright posture, begin to squat down by flexing your knees forward as you go down while keeping your quads muscles fully engaged.
3. After reaching a full squatting position, engage your quads 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 quads muscles to handle most of the work load without putting any negative pressure on your lower back.

**ALTERNATIVE EXERCISES:** [Swiss Ball Wall Squats](#) / [Seated Leg Press \(Quads\)](#) / [Leg Extensions](#)

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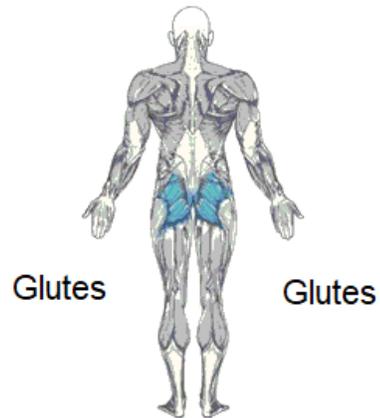
## PRIMARY MUSCLE



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 **%80** when performing this exercise.

## SECONDARY MUSCLE



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 **%20** when performing this exercise.



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