

ELEVATED SUMO SQUATS



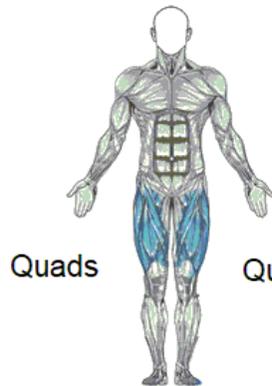
1. Lay four plates on top of each other, with two plates on each side placed apart a bit further than your shoulder width. Now stand tall with one foot on top of each two large plates to gain some height, while holding a dumbbell by the edge as it hangs down at arm's length just beneath you. Have your head should be facing forward and your toes pointing outwards. 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. Make sure your arms stay fully extended with the weight with your elbows locked throughout the entire movement.
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: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any knees, quads, lower back, and/or shoulders injury. 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: [Weighted SUMO Squats](#) / [Seated Leg Press](#) / [Hack Squats](#) / [Leg Extensions](#)

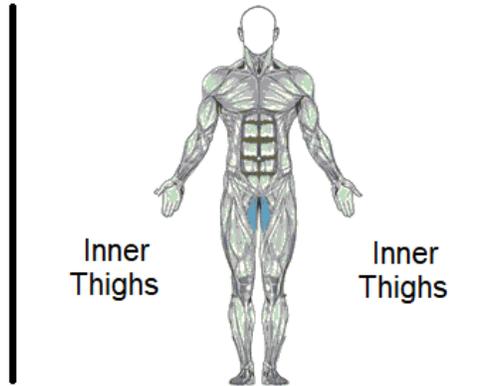
ELEVATED SUMO SQUATS

PRIMARY MUSCLES



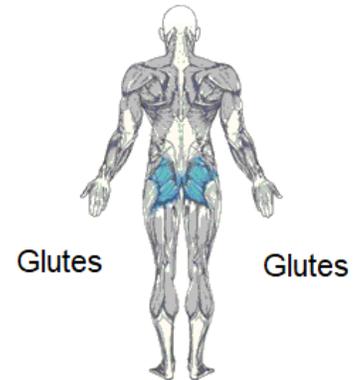
Quads

Quads



Inner Thighs

Inner Thighs



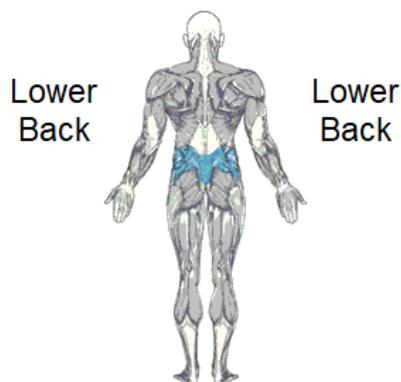
Glutes

Glutes

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



Lower Back

Lower Back

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.

ELEVATED SUMO SQUATS



YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net