

WEIGHTED SUMO SQUATS



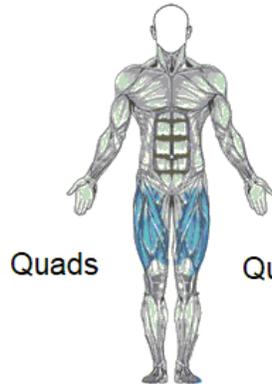
1. Stand tall while holding a weight plate from both sides just below your chin level, with your elbows pointing out and your head facing forward. Place your feet at shoulder width apart and keep your heels slightly elevated by placing a small weight plate under each heel. This will be your starting 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 that your arms stay stationary while holding the weight plate up 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 weight plate 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. It is normal for you to feel a slight burn in your shoulders muscles due to the effort being done to keep the weight plate held up the entire time while performing this exercise.

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

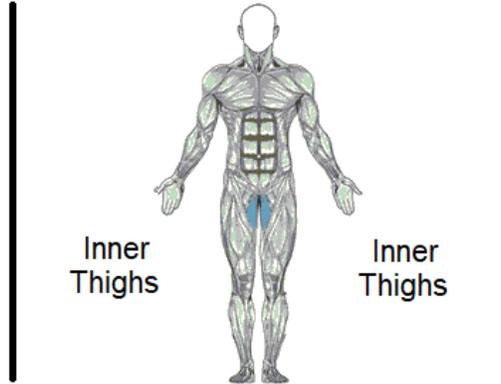
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PRIMARY MUSCLES



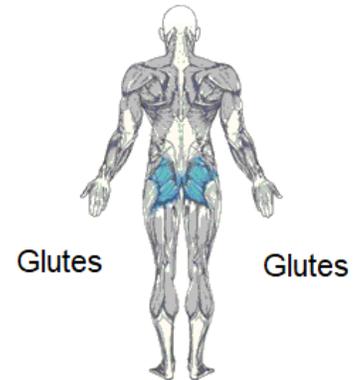
Quads

Quads



Inner Thighs

Inner Thighs



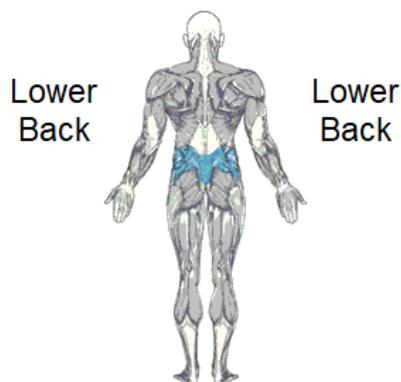
Glutes

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.

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