# SWISS BALL PLATE SQUATS

1. Place a Swiss ball against a pillar or a wall then stand tall with the center of your back pressed up against it, while holding a weight plate just below your chin level, with your elbows pointing out and your head facing forward. Place your feet at about hips width apart, and about a foot away from where the ball vertical axis is. 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, and with your back pressed firm against the ball while rolling down with it as you squat down, with the weight plate held up just below your chin level.

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: NEVER use a heavy set weight plate when performing this exercise to avoid getting any knees, quads, hips and/or shoulders injury. STOP immediately if you felt any sharp knee 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. 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: Plate Squats / SMITH Machine Squats / Hack Squats / Seated Leg Press / Leg Extensions

PRIMARY MUSCLE

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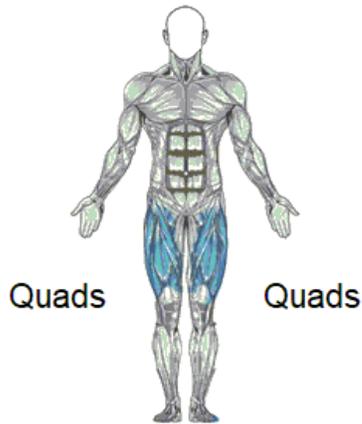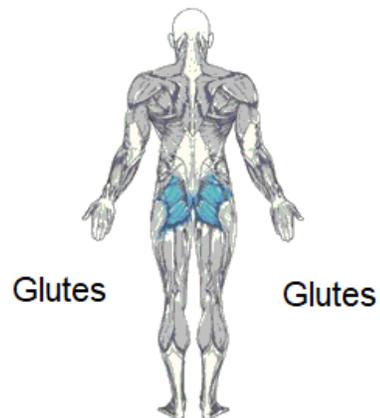
A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80** when performing this exercise.

SECONDARY MUSCLE

Glutes   Glutes

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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YOUR_BEST_STARTS_HERE

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