

# DUMBBELL SQUATS



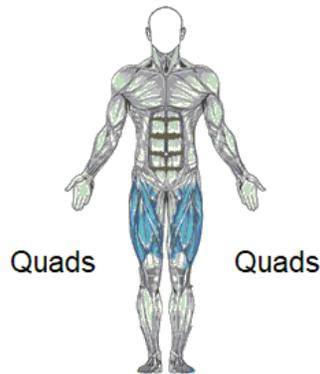
1. Stand tall while holding a dumbbell in each hand held down at arm's length right next to you, with the palms of your hands facing inwards, and your head facing forward. Place your feet at about hips width apart, with your heels slightly elevated by placing a small weight plate under each heel. This will be your starting position.
2. While maintaining a straight & upright posture, begin to squat down by flexing your knees forward as you go down while keeping your quads muscles fully engaged, and with your arms fully extended with the weights right next to you.
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 pair of dumbbells when performing this exercise to avoid getting any knees, quads, lower back and/or wrists 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 quads muscles to handle most of the work load without putting any negative pressure on your lower back.

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

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## PRIMARY MUSCLES

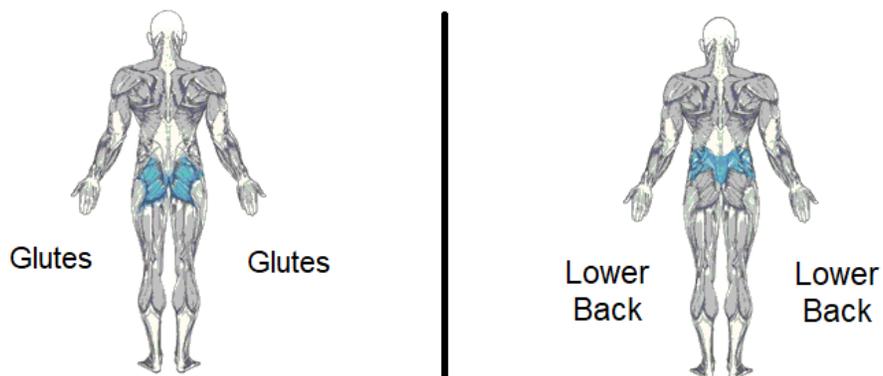


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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

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## 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 **%20** when performing this exercise.

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