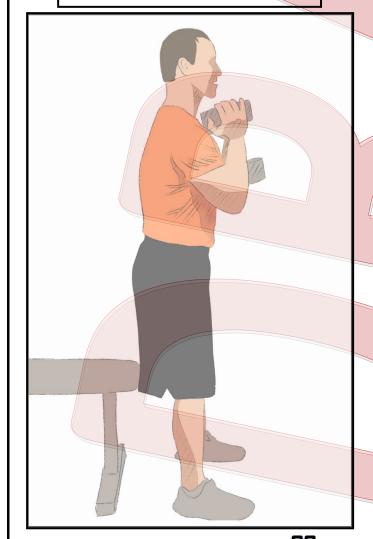
Exercise Spotlight

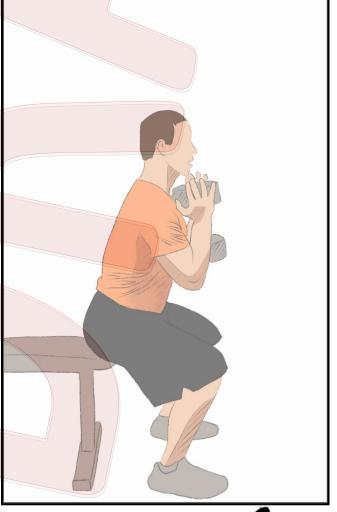
Squat [Bench Assisted, Dumbbell, Goblet Style]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Transverse Abdominis, Erector Spinae
Benefits	 Increase full body strength and enhance athletic performance Incorporating a bench can help to reinforce a strong movement pattern, achieve consistent depth, and allow for the safe execution of a squat
Precautions	- Think about keeping the weight through your heels, back strong, knees pushed out, and holding stable posture throughout the entire movement
Instructions	 Stand tall with your feet hip-width apart, shoulders set down and back, stomach drawn in, hips in a neutral position, a bench positioned behind you, and a single dumbbell held at your chest in a goblet position Inhale as you push your hips back, then bend at the knees until your glutes touch the bench behind you, pausing at the bottom without losing muscle tension, and maintaining a neutral low back position Exhale as you push through your quadriceps and glutes, stabilizing yourself with the core musculature as you return to start position Repeat for desired number of sets and repetitions

Start and Finish







www.pgwellness.com

