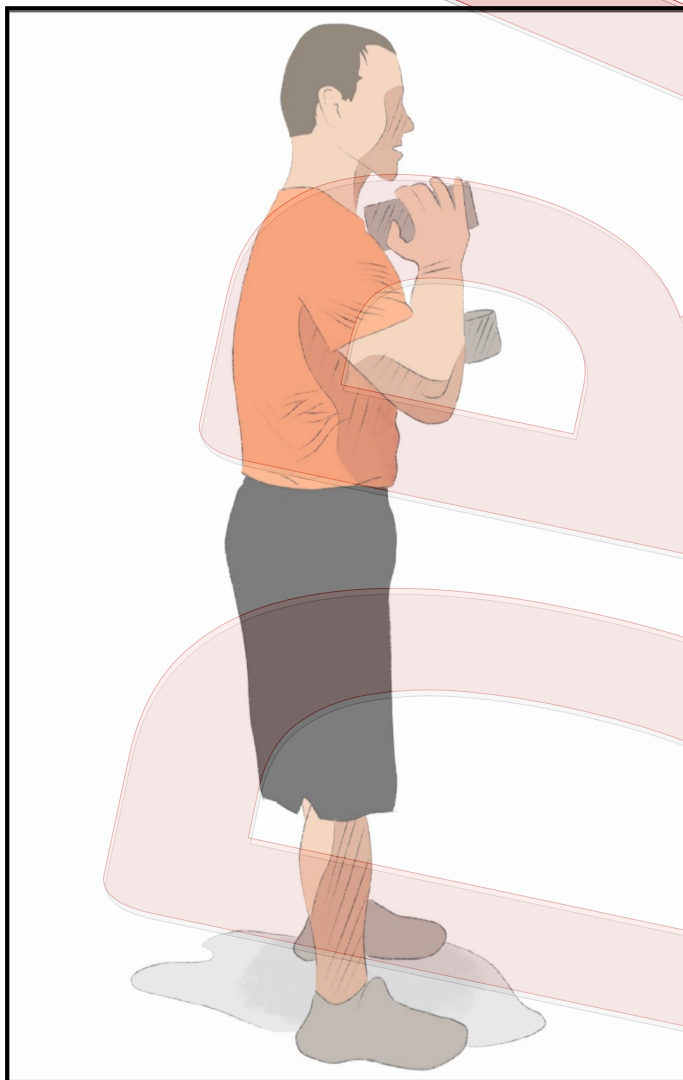


# Exercise Spotlight

## Squat [Dumbbell, Goblet Style]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Transverse Abdominis, Erector Spinae
Benefits	- Increase full body strength and enhance athletic performance - Promote flexibility and posture development
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, and a single dumbbell held at your chest in a goblet position - Inhale as you push your hips back, then bend your knees until your thighs are parallel to the ground, or sinking as low as you can without losing 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



Mid Point

