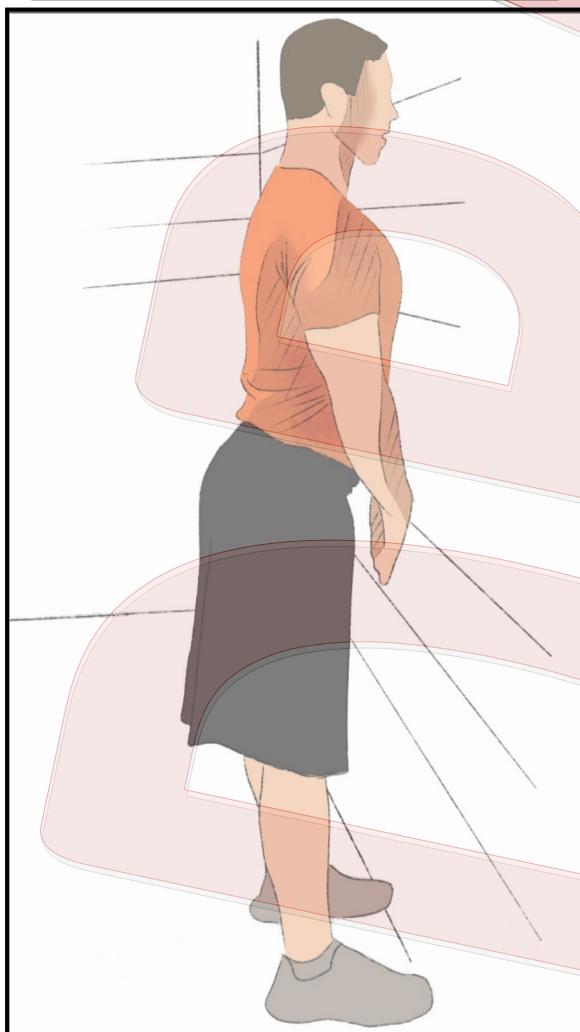


# Exercise Spotlight

## Squat [Facing a Wall]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Transverse Abdominis, Erector Spinae
Benefits	- Assess and improve squatting technique - Promote flexibility and posture development
Precautions	- Be sure to operate in a comfortable range of motion and adjust your feet closer or further away from the wall according to your flexibility limitations
Instructions	- Begin by standing in front of a wall, feet hip-width apart, shoulders set down and back, stomach drawn in, hips in a neutral position, toes pointed forward, and the hands clasped together in front of you - Inhale as you push your hips back and bend your knees, making every effort to prevent your chest, knees, or any other part of your body from touching the wall. Pause and hold when you find your bottom 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

