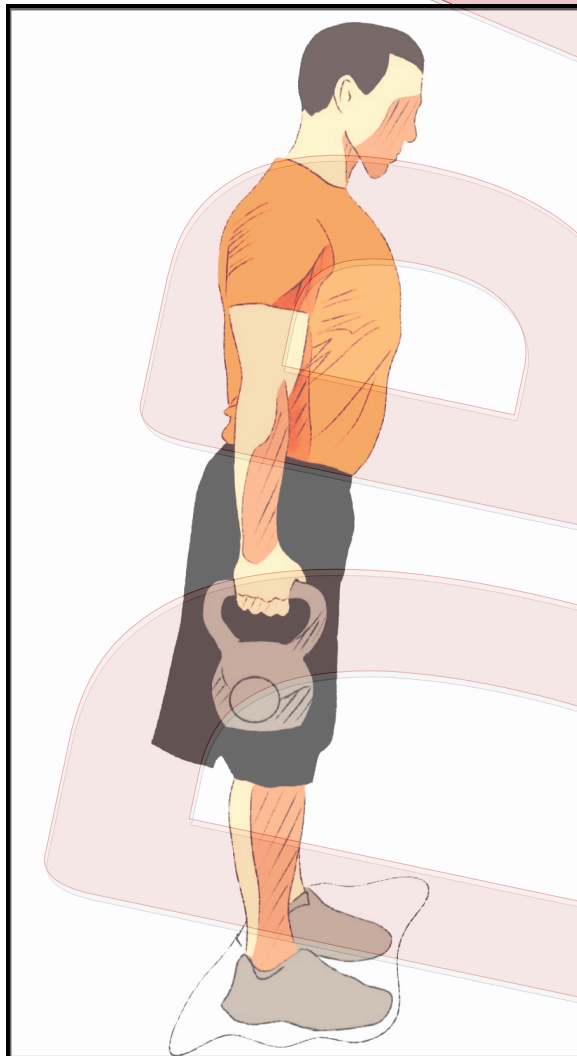


Exercise Spotlight

Squat [Kettlebells]

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 the heels, back strong, knees pushed out, and holding stable posture throughout the entire movement
Instructions	- Hold two kettlebells at your sides and stand tall with your feet hip-width apart, toes pointed forward, shoulders set down and back, stomach drawn in, hips in a neutral position, and the chest held high - 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 repetitions

Start and Finish



Mid Point

