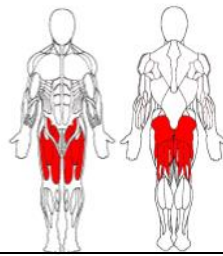


# SQUATS



GLUTEAL  
HAMSTRINGS  
QUADRICEPS

1



## Chair Squats

Intensity: **Easy**

### Instructions:

- Stand with feet shoulder-width apart
- Keep back straight throughout the exercise
- Squat down until glutes touches the chair

2



## Ball Squats

Intensity: **Easy**

### Instructions:

- Stand with feet shoulder-width apart
- Lean on ball, placing it at lower back level
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor

3



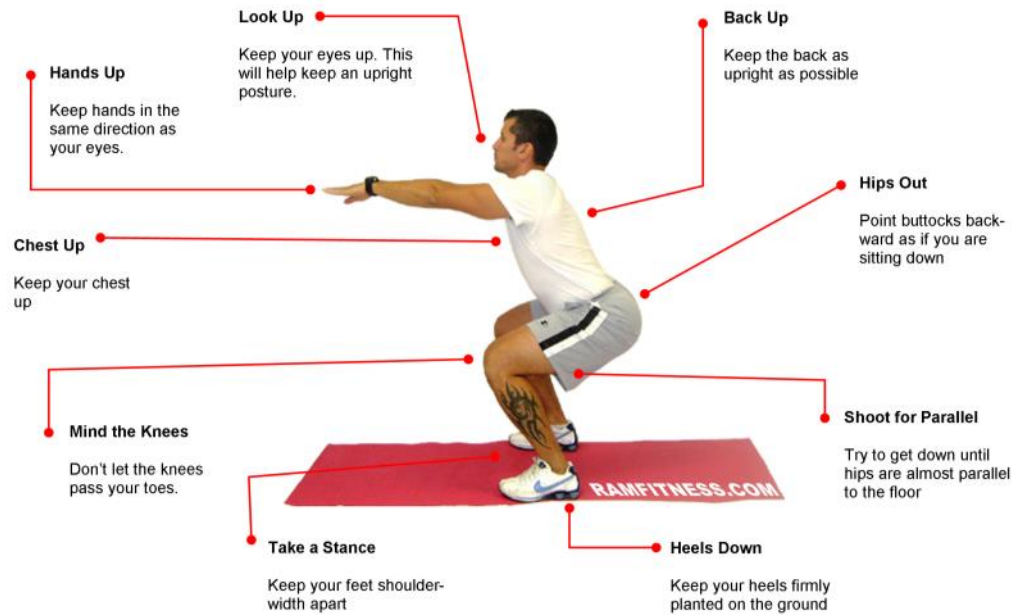
## Regular Squats

Intensity: **Intermediate**

### Instructions:

- Stand with feet shoulder-width apart
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor

# THE ANATOMY OF A SQUAT



**BONUS!** Try the below 8-week plan to build your squat forte (and great-looking legs too!)

**Important:** Adjust the below suggested schedule according to your own fitness level. Take at least 2 days break in between the below training days.

Week #	Number or Days	Exercise	Repetitions	Sets
<b>Week 1</b>	Day 1	Regular Squats	10	2
	Day 2	Ball Squats	15	2
<b>Week 2</b>	Day 1	Regular Squats	15	3
	Day 2	Ball Squats	25	2
<b>Week 3</b>	Day 1	Regular Squats	20	2
	Day 2	Ball Squats	35	3
	Day 3	Regular Squats	25	2
<b>Week 4</b>	Day 1	Ball Squats	45	2
	Day 2	Regular Squats	35	3
	Day 3	Ball Squats	50	2
<b>Week 5</b>	Break			
<b>Week 6</b>	Day 1	Regular Squats	50	2
	Day 2	Regular Squats	50	2
<b>Week 7</b>	Day 1	Regular Squats	60	2
	Day 2	Ball Squats	75	2
	Day 3	Regular Squats	75	1
<b>Week 8</b>	Day 1	Regular Squats	75	2
	Day 2	Regular Squats	100	1