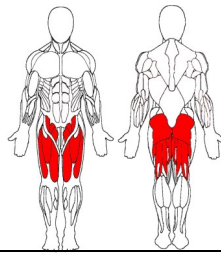
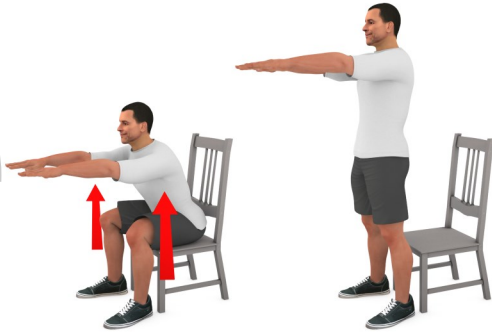


SQUATS



**GLUTES
HAMSTRINGS
QUADRICEPS**

1



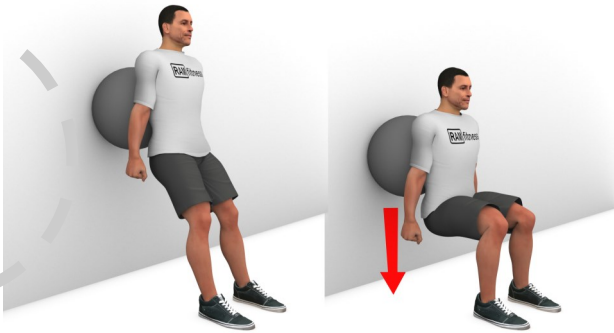
Chair Squats

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



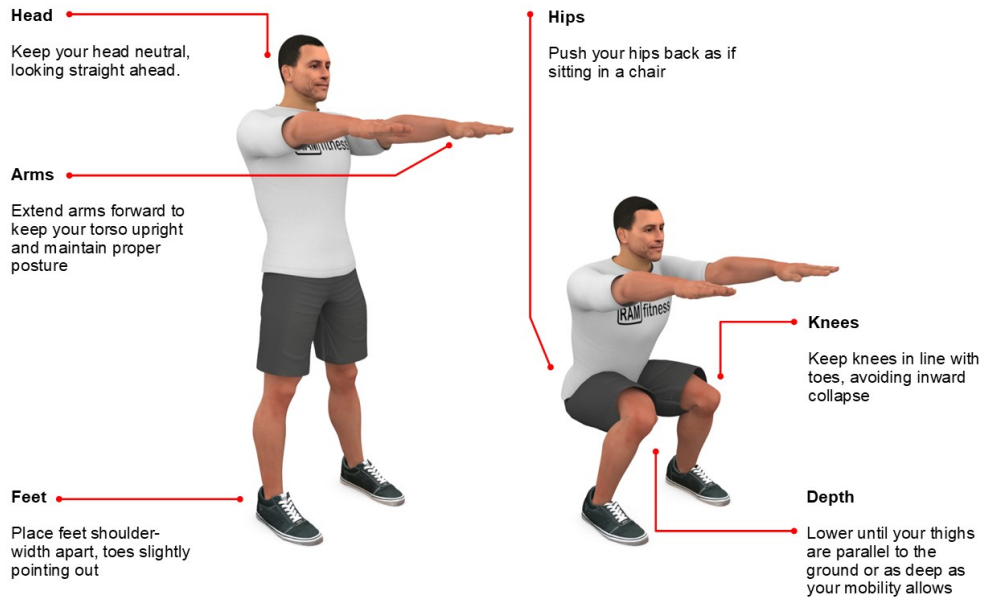
Regular Squats

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
Week 1	Day 1	Regular Squats	10	2
	Day 2	Ball Squats	15	2
Week 2	Day 1	Regular Squats	15	3
	Day 2	Ball Squats	25	2
Week 3	Day 1	Regular Squats	20	2
	Day 2	Ball Squats	35	3
	Day 3	Regular Squats	25	2
Week 4	Day 1	Ball Squats	45	2
	Day 2	Regular Squats	35	3
	Day 3	Ball Squats	50	2
Week 5	Break			
Week 6	Day 1	Regular Squats	50	2
	Day 2	Regular Squats	50	2
Week 7	Day 1	Regular Squats	60	2
	Day 2	Ball Squats	75	2
	Day 3	Regular Squats	75	1
Week 8	Day 1	Regular Squats	75	2
	Day 2	Regular Squats	100	1