

## How to Squat

Squats are an amazing exercise. It is a “functional” exercise that involves most muscles of the lower body, including your back and core.

As we get older, proper squat technique is absolutely critical to maintain health and function.

When you sit down in a chair, do you stick your butt out? Do you lean forward? When you bend down to pick something up, does your knees move forward of your toes?

Most people do not squat correctly.

The following tips will help you regain proper form when you squat.



### Starting Position

- Use a pole that can take your body weight.
- Extend your arms and hold onto the pole at waist height.
- Stand with feet hip width apart.
- Tighten stomach muscles, by pulling your belly button towards your spine.

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### The Squat

- Think about sitting down, lower your bottom towards the floor whilst keeping your torso upright. **Do not** allow your upper body to fall forward.
- You are aiming to have your thighs parallel with the floor.
- To come back upright, push into your heels.
- Breathe out.
- As you come back to a standing position, tense your butt.
- 1 set is 12 repetitions, do 3 sets.
- As you get stronger, hold on with one hand. Then move on to holding on with a couple of fingers until you are able to squat without holding on, without your knees moving forward of your toes or bending at the waist and bobbing forward.

**Remember to inhale going down, exhale as you come back to the upright position!**

**N.B. If any posture causes pain, stop the exercise and speak to someone at Windsor Chiropractor.**

61 Green Lane, Windsor, SL4 3QD

**T:** 01753 855 428 | **M:** 07503 072100 | **E:** info@windsorchiropractor.co.uk

www.windsorchiropractor.co.uk