

Your Exercise Routine: Squats

One of the most important exercises you can do is called a Squat. A squat is basically just lowering your body into a seated position, holding it for a second, and then coming back up into a standing position. It is one of the most natural movements the body does.

We start the squat by standing about hip-width apart, shoulders back and down, belly button pulled in. And you transfer your body weight backward, lower down to about halfway, and then push up standing through your heels. You want to focus on pushing up through your heels.

We will complete about 10 repetitions of this exercise and then take a rest. And then stand up ... very good ... and push up. Very good ... and up.

You should always maintain safe range of motion so you do not have any pain in your knees or your back. So, if you need to, you can modify this movement by not lowering quite as far and your muscles will still be benefiting. Two more ... last one. Good job. Very good.