

# Your Exercise Routine: Side Squats

This next exercise is called a Side Squat. This exercise is basically a squat, but before we do it we're going to shift to the side. We're going to step to the side and then go into a squat position, and then stand back into our starting position.

The way we perform this exercise is, we stand with our feet hip-width apart. Our shoulders are back and down. And we're going to step to the one side - to the right ... lower down into a squat position, straight down ... and then come back to the middle. Lower straight down, and then come back to the middle.

The benefit of doing side squats is that we're strengthening our buttocks, our quadriceps and our hamstrings. But then we're also strengthening the outside and inside supports of the knees and the ankles.

Like with our other exercises, we're going to perform 10 of these - 5 to one side and now 5 to the other. So, now let's take this to the other direction.

Step to the side ... back to the middle. Step to the side, down ... back to the middle. Step to the side, down ... back to the middle.

Two more ... back to the middle. Last one ... very good.

Awesome. Good job.