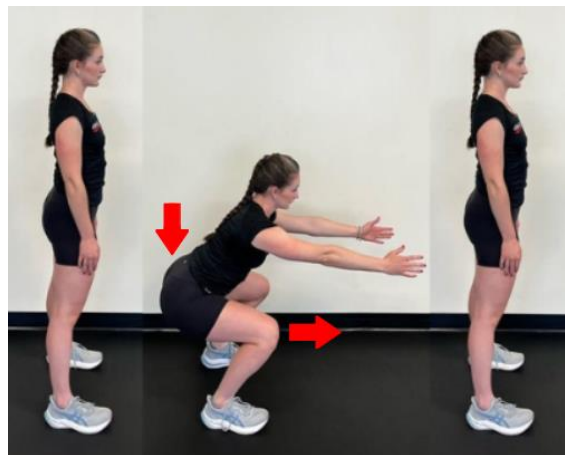


## Body Weight Squat

Objectives	<ul style="list-style-type: none"><li>Strengthen quads, hips, hamstrings</li></ul>
Equipment and Setup	<ul style="list-style-type: none"><li>Bodyweight, optional heel lift</li></ul>
Start Position	<ul style="list-style-type: none"><li>Begin with feet shoulder-width apart, toes slightly turned out. (<b>Endpoint 1</b>)</li></ul>
Execution	<ul style="list-style-type: none"><li>Maintain an upright torso and lower the hips toward the heels by simultaneously flexing the hips, knees, and ankles. Descend as far as you can while maintaining a neutral spine. (<b>Endpoint 2</b>)</li><li>Drive feet down into the ground to return to <b>Endpoint 1</b>.</li></ul>
Cues	<ul style="list-style-type: none"><li>Keep feet flat on the ground during the entire movement.</li><li>Keep the knees in line with second and third toe (don't let knees cave in or bow out).</li><li>A small heel lift can be used if necessary to maintain an upright torso.</li></ul>



## Goblet Squat

Objectives	<ul style="list-style-type: none"><li>Strengthen quads, hips, hamstrings</li></ul>
Equipment and Setup	<ul style="list-style-type: none"><li>Kettlebell, dumbbell</li></ul>
Start Position	<ul style="list-style-type: none"><li>Begin with feet shoulder-width apart, toes slightly turned out and holding a kettlebell or dumbbell in front of the chest. (<b>Endpoint 1</b>)</li></ul>
Execution	<ul style="list-style-type: none"><li>Maintain an upright torso and lower the hips toward the heels by simultaneously flexing the hips, knees, and ankles. Descend as far as you can while maintaining a neutral spine. (<b>Endpoint 2</b>)</li><li>Drive feet down into the ground to return to <b>Endpoint 1</b>.</li></ul>
Cues	<ul style="list-style-type: none"><li>Keep the weight up at chest/chin height at all times.</li><li>Keep the feet flat on the floor throughout the entire movement.</li><li>Keep the knees in line with second and third toe (don't let knees cave in or bow out).</li><li>A small heel lift can be used if necessary to maintain an upright torso.</li></ul>

