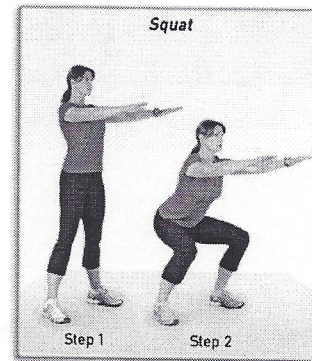
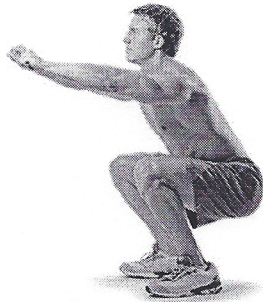


Why Squat?

The squat is a fundamental human movement and essential to your well-being. The squat can both greatly improve your core strength, help stabilize your spine and keep your hips and knees sound and functioning over a lifetime. Our ancestors and currently most of the world's inhabitants sit not on chairs but in a squat! Only in the industrialized world do we find the need for chairs, couches, benches, and stools. This comes at a loss of functionality that contributes low back pain, de-conditioning, early breakdown, and many other adverse health effects. A key to keeping your independence over your lifetime is to begin or keep a healthy squatting routine.



How to Squat:

Here are 12 valuable cues to a sound squat:

1. Start with your feet about shoulder width apart and slightly toed out
2. Keep your eyes forward maintaining your cervical curve
3. Keep your midsection very tight and the chest proud
4. Start the squat by sending your butt back and down
5. **Track the knees toward your toes, but be careful to not let the knees surpass the toes**
6. **Keep your weight in your heels and stay off the balls of your feet**
7. Lift your arms out and up as you descend
8. Don't let the squat just sink, pull yourself down with your hip flexors
9. ****Be sure to maintain your lumbar curve through the entire squat (Keep a flat back!)**
10. **Bring the squat depth to 90 degrees or further only if you have the other 3 bolded items mastered. (If not, limit your range by doing 1/4, 1/2 or 3/4 squat (it's ok to start by going to a chair))**
11. Squeeze the glutes and hamstrings and rise without any leaning forward or shifting balance
12. Return the same path you descended by exerting pressure to the outside of your feet and pressing outwards with the knees so they do not collapse inwards

Start with 2 sets of 10 reps each day for 2 weeks, then move to 3x15/day for life!

**The most important aspect of the squat is to keep your back safe by not rounding it at the bottom of the squat! If you feel any back pain at any time during or after your squatting session, stop squatting and tell your doctor or training coach at your next visit.