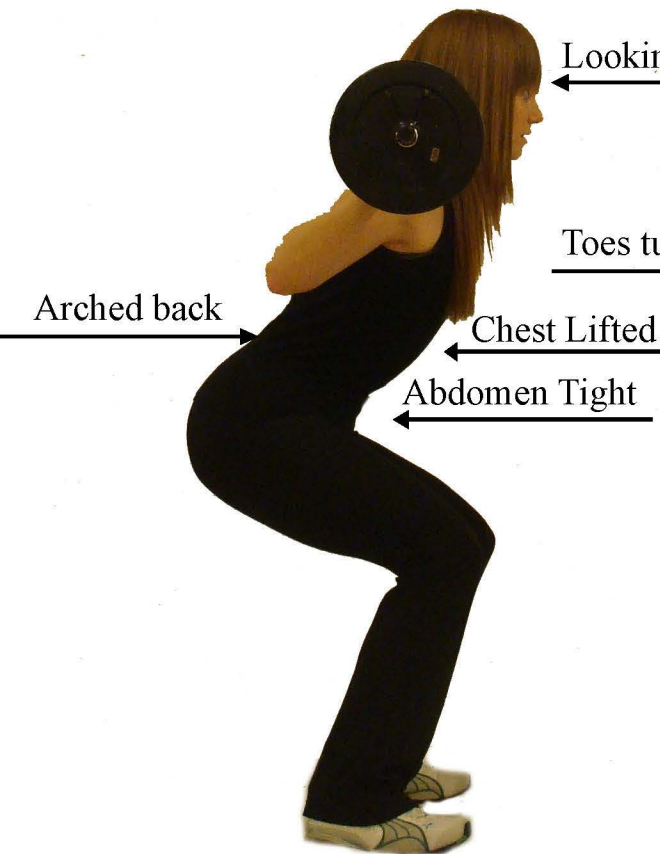


# Squats

This exercise mainly works out the Quadrecips..

Begin with a barbell rested on your shoulders and upper back. Both your hands and feet should be shoulder width apart. Throughout the duration of the move, maintain the natural arch in your back.



Bend at the knees and hips, letting your glutes track backward to lower yourself. Much like sitting down on to the edge of a chair. When your thighs become parallel to the floor, reverse direction, driving up forcefully through your heels to a standing position.