

BeActive Get Stronger Feel Better

SQUAT

When squatting remember to keep your core strong, your back straight and bend your knees into a squat position and return to standing at a slow pace.

Modify the squat by holding on to something for support, and or change the action of the leg to a knee extension. A knee extension is to lift the leg, extend away from the body and back.



Exercise activity sheets available at www.mensshed.org
www.activestrongerbetter.net 1300 363 654