

How to Squat

The goal of a squat is to help you build your confidence in your ability to complete your day to day activities with less of a challenge. This is possible by increasing your muscular strength in your lower limbs.

- Stand with your feet shoulder width apart.
- Turn your toes slightly outwards.
- Keep your chest up and bend your knees.
- Keep your knees apart throughout.

What if this is too Challenging?

Reduce the number of sets and repetitions. Make sure that you prioritise your movement quality and focus on keeping your knees apart.

Regress this further to a sit to stand. Slowly lower to sitting on a chair and try to stand again without using your hands.

What if this is too Easy?

You can increase the number of sets and repetitions that you complete. These can also be completed at a slower speed with a hold at the bottom of the squat. This will require you to recruit and fatigue more muscle fibres to increase your strength.

Progression can also be by squatting deeper or by adding a weight. This weight could be a back pack with books in, a bag of shopping or a watering can with water.