

Squats Guide

Ensure you have warmed up before any exercise

Check out the accompanying video to this guide [here](#)

Perfect Form

- 1. Stand Up** - Stand up straight and tall, hips over knees and knees over feet. Keep your feet shoulder width apart with your feet facing forwards.
- 2. Shoulders** - Try and stand with a straight back, pull your shoulder blades back and down, away from your ears. Keep your lower back straight as well.
- 3. Arms** - Put your arms out in front of you like a zombie. Keep your palms facing down.
- 4. Neck** - Look forwards and keep your neck in a neutral, comfortable position.
- 5. Hips** - Using your hips as a hinge, breathe out as you start to bend your legs.
- 6. Back** - As you move your hips down, keep your back straight.
- 7. Core** - Engage your core throughout the movement
- 8. Up** - Explosively stand back up to your starting position.

Squats Progression

Your goal is to do 4 sets of 8 reps (1 mins rest between sets).

Do this with [perfect form](#) in Level 1, then move to Level 2 and so on.

Whatever level you pick, you may not be able to complete the goal straight away. So you can start with 4 sets of 5 reps.

Each session try to add in one more rep somewhere, anywhere in your session. That way you challenge your body to get that little bit stronger each week.

Remember you get stronger on your rest days. Doing any exercise makes your muscles weaker, as they get tired and “beat up”. But your body is magic. While you sleep and the following day it will use all the food you eat to repair them better and stronger than they were before..... Isn't that amazing!

Level 1 - Assisted Squats

Use the normal squat form but using a chair or something in front of you to rest your hands on, use the chair for assistance. Squat until your thighs are parallel with the floor.

Level 2 - Assisted Deep Squats

Use the normal squat form but using a chair or something in front of you to rest your hands on, use the chair for assistance. Squat until your bum is as close to the floor as possible.



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Level 3 - Regular Squats

Perform a regular squat, stop with your thighs parallel to the floor.

Level 4 - Regular Deep Squat

Perform a regular squat until your bum is as close to the floor as possible. Keep your back straight and remember your form.

Squat Variations

Once you can complete 4 sets of 10 push ups (2 mins rest), keeping perfect form and without too much effort then it's time to mix things up with some variations. All the push up variations use the same form as a regular push up.

Assisted Pistol Squat

Use the same form as a regular squat but stand on one leg, with your other leg out in front of you. Use a chair or something for assistance to start off.

Pistol Squat

Use the same form as a regular squat but stand on one leg, with your other leg out in front of you.

Sumo Squat

Rather than keeping your feet forward, turn your feet out and move them slightly further apart than shoulder width. From this position perform the regular squat.

Bulgarian Split Squats

Rest your back foot on an elevated platform, with the sole pointing up. Keep your weight over your front leg. Squat as normal with a straight back and good form. Remember to switch legs.

Shrimp Squats

One legged squats similar to pistol squats but your balancing leg is placed behind you at right angles. For a more advanced version, hold your back leg with your hand and your heel close to your bum.

Pulsing Squats

Perform a regular squat, once you reach the lowest point, rather than coming back to standing completely, pulse up and down 3 times.

Jump Squats

This is a regular squat but rather than standing back up you must explode upwards into a jump.