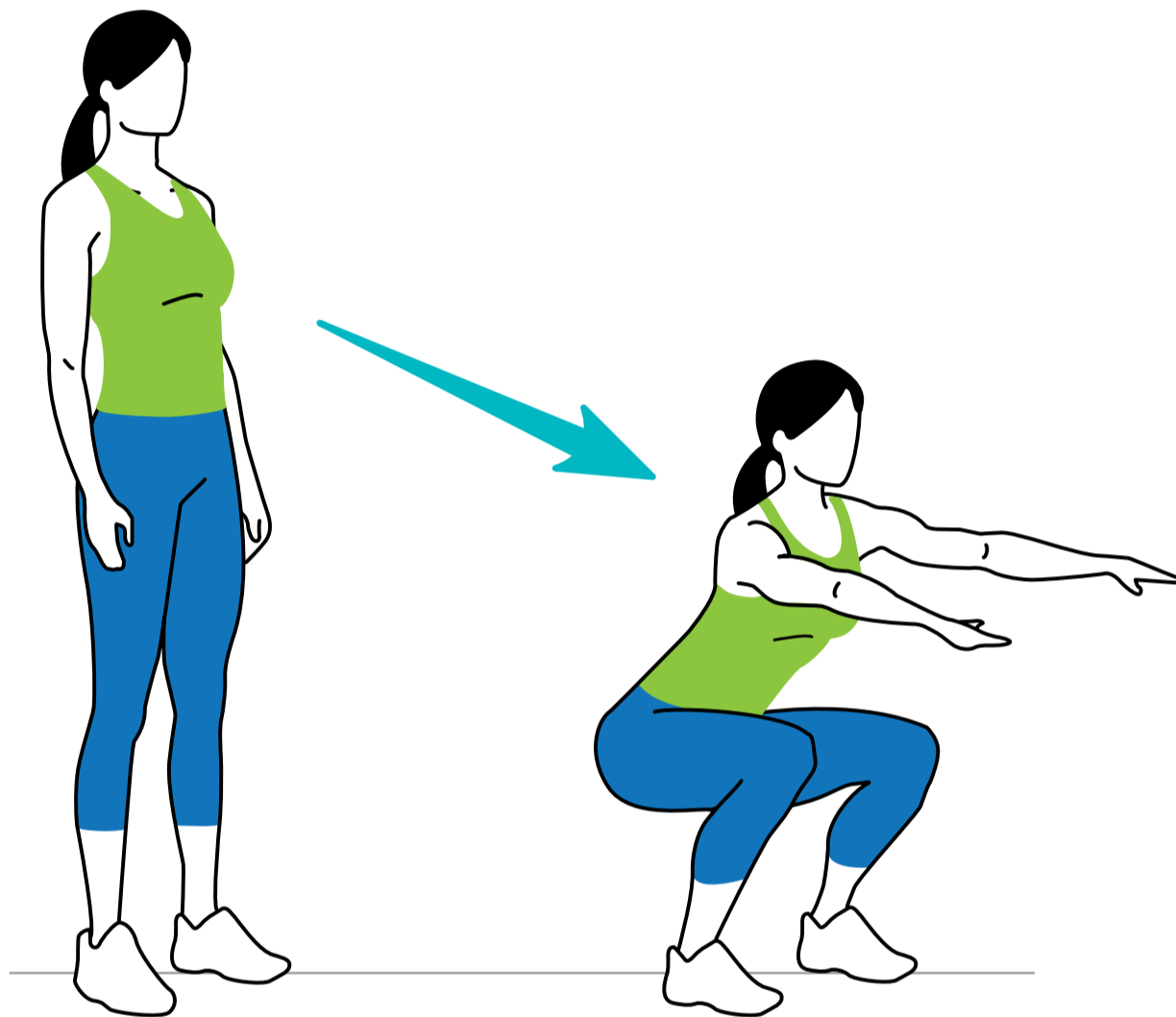


# STATION 2 BODY WEIGHT SQUATS



## INSTRUCTIONS

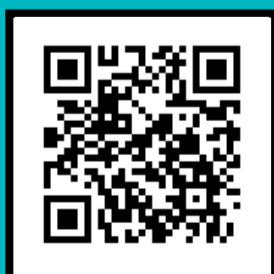
- Squat down by bending knees forward while allowing hips to bend back behind
- Keep back straight and knees pointed in same direction as feet
- Squat down as if sitting in a chair until thighs are just past parallel to floor
- Squat up by extending knees and hips until legs are straight

Repeat 10-15 times

BEGINNER



INTERMEDIATE



ADVANCED



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