

# The King of All Exercises!

*Many in the fitness industry consider the Squat to be the King of All Exercises, and for good reason! When done properly, squats can work the hips, glutes, quads and hamstrings and can actually be a good core exercise. Perfect the move and you'll help your balance and coordination as well as increase bone density:*



1. Stand with your feet a little wider than shoulder-width apart, hips stacked over knees, and knees over your ankles.
2. Roll the shoulders back and down away from the ears. Allowing the back to round (like a turtle's shell) will cause unnecessary stress in the lower back. It's important to maintain a neutral spine throughout the movement.
3. Extend arms out straight so they are parallel with the ground, palms facing down. Or, if it's more comfortable, pull elbows close to the body, palms facing each other and thumbs pointing up.
4. Start the movement by inhaling and unlocking the hips, slightly bringing them back. Keep sending hips backward as the knees begin to bend.
5. While the butt starts to stick out, make sure the chest and shoulders stay upright, and the back stays straight. Keep the head facing forward with eyes straight ahead for a neutral spine.
6. The best squats are the deepest ones your can do comfortably. Optimal squat depth would be your hips sinking below the knees (again, if you have the flexibility to do so comfortably). Pro tip: Squatting onto a box until the butt gently taps it will be a reminder to squat low.
7. Engage core and, with bodyweight in the heels, explode back up to standing, driving through heels. Imagine the feet are spreading the floor (left foot to the left, right foot to the right) without actually moving the feet.