

# The Proper Way to Squat

with Abby Harrison, CORE Personal Trainer



## ← PROPER SQUAT FORM

- Head facing forward
- Chest open
- Shoulders back and down
- Core engaged
- Neutral Spine
- Feet hip width apart
- Hips back
- Knees in line with toes
- Squat until thighs are parallel to ground, return to start

## IMPROPER SQUAT →

- Head protruding forward
- Chest facing down
- Arched or rounded spine
- Knees in front of toes
- Legs collapse inward



» See back side for squat variation ideas!

# Squat Variations



Spice up your squats! Once proper form has been achieved, try any of the following variations for an added challenge of increased weight or balance. Increasing weight or adding a balance challenge engages more muscle and can result in improved performance, muscle hypertrophy, and core strength.



## BOSU SQUAT:

Excellent challenge for balance and core strength.

## CLOSED LOOP BAND:

Good method for form correction and engaging the proper muscle groups.



## DUMBBELL SQUAT:

Easy to increase/decrease weight.

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