

L2 Ex 4. Mini chair squats



Aim Strengthen gluteal muscles (buttocks) and quad muscles (front of thighs).

Instructions

- Stand up straight with your hand resting on a table or the back of a sturdy chair.
- Have your legs straight, with your feet shoulder width apart.
- Bend both knees a *small* amount (like a slow curtsy) and immediately stand up straight again with your knees straight.

Repetitions 20 times (3 x per week).

Tip Keep your back straight. Try not to bend forwards at your hips.
Do not crouch down too far and only ever go as far as is comfortable for you.