

# Do You Squat Correctly

Squatting is one of the essential movements for both daily activities and exercise routines. It is crucial for tasks like lifting objects correctly and is a popular exercise for building strength. To perform a squat correctly, follow these guidelines:



## Proper Squat Elements

- 1. Brace Your Abdomen:** Engage your core muscles throughout the squat.
- 2. Hip Hinge:** Start the squat by pushing your hips back as if you are sitting into a chair.
- 3. Maintain Natural Spine Curve:** Keep the natural curve of your spine throughout the movement.
- 4. Knee Position:** Keep your knees shoulder-width apart.
- 5. Knee Alignment:** Ensure your knees are aligned with your second toes.
- 6. Depth:** Lower your body until your thighs are parallel to the floor, and your knees do not extend too far past your toes, somewhat is ok.
- 7. Ascent:** Engage your gluteal muscles to initiate the upward movement.
- 8. Finish Position:** At the top, do not lock your knees.



Always look ahead and maintain the natural curve of your spine to avoid injury. If someone took a picture of you from the side at the bottom of the squat, you should resemble a figure-four position.

An above-average number of squats done consecutively is typically around 15 reps. If you struggle with any of these steps, the wellness team can help you design a simple squat program tailored to your needs.

**Solving problems before they happen.**