MINI SQUAT

DIFFICULTY: EASY – ALL FITNESS LEVELS – REQUIRES BALANCE
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. Begin with your knees shoulder-width apart and your toes pointing forward. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Engage your pelvic floor muscles and keep them held while you bend your knees and lower your hips down in a sitting motion. Lower yourself down about as far as you would go if you were to sit in a chair.
3. Throughout the motion, keep your knees in line with your toes. Do not allow them to come forward over your toes.
4. Return to the starting position and release your pelvic floor muscles.
5. Repeat 10 times.
6. Complete 1 set 3 times a week.