

# 5X5 A DAY SQUATS



1. Stand with your feet shoulder width apart. feet turned out slightly
2. Ensure your knees stay in line with your toes throughout the squat
3. Keep your weight in your heels and ensure your feet are in full contact with the floor throughout
4. Breath in on the way down and out on the way up
5. Push your hips back and bend your knees, lower yourself as far as is comfortable
6. Keep your chest up and look forward
7. Ensure your back remains in a neutral position
8. Push through your heels and thighs to return to standing
9. Repeat