



EXERCISE PROGRESSION SERIES

SQUAT

During this time when most of you can't train in the gym, work on some exercises that will make you stronger and help prevent injuries when you do return!

DON'T FORGET TO WARM UP!

Always start with 10 minutes of cardio activity to get warmed up. This can be fast-paced walking, slow jogging, biking – anything to get your heart pumping a little and your muscles warmed up.

PICK YOUR STARTING LEVEL

This will depend on your current strength and fitness level. It's okay to do one exercise at the basic level and another at the intermediate or advanced levels. Focus on form! Make sure your form is correct as you are doing the exercises.

- **Younger children** (approx. 8 and under) should start with the basic level. When they can do that level with perfect form, they should progress to the intermediate level.
- **Older children** (approx. 8-12) may start with intermediate-level exercises if they can do them with good form.
- **Teens** may start at the intermediate or advanced levels, depending on their strength. They may need to use different levels for different exercises.

PERFORM THE EXERCISE

You should do enough repetitions of each exercise until you are fatigued. You will know you are fatigued when you can't keep your form or when your muscles are too tired to continue. Do 3 sets of each exercise with at least a 30-second break between each set.

If you can do 20 repetitions without fatigue, move to the next level!

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Feet should be shoulder width apart, and heels should NEVER leave the ground. Knees should point straight ahead like headlights on a car – don't let your knees get closer together while you perform the exercise. Knees should not go past your toes as you squat down.

BASIC

Put a chair behind you and pretend like you're going to sit in the chair. Don't actually sit – just lightly touch the chair and stand back up.



INTERMEDIATE

Put one or two couch cushions on the floor and lower yourself down until you just tap the cushion(s). Then stand back up. Remember, your heels should be kept in line with your hips.



ADVANCED

Squat all the way down until your thighs touch your calves without your heels coming off the floor. Keep your knees in line with your hips, and don't let them go past your toes. Keep your chest up and back straight as shown in the photo on the right. Make it even harder by reaching your arms up toward the ceiling instead of in front of you!

