

January 2017

Move of the Month— Squats

Sumo squat—Bodyweight



Front squat—Fixed weight bar



SQUATS:

Core engaged to support back

Push through entire foot

Knees in line with toes

Head neutral & keep chin level

Exhale on way up

Repetition depends upon your goal

Overhead squat—TRX



Squat—Physio ball



Goblet squat—Kettlebell

