

DEEP SQUATS

SS08

malasana

DIRECTIONS

Face away from the anchor with the rope draped around your neck – hands resting on the chest. With feet at shoulder width apart and pointing outwards at 45-degree angles, descend into a squat. The arms should rest inside the knees. Let power assistance bring you back up. Repeat 10+ times.

BENEFITS

Squats are a multi-joint exercise, which provide whole body benefits. They effectively work the major muscle groups of the butt, hips and thighs. Squats have been universally recognized to be the top functional fitness exercise because they translate into helping one to complete real-world activities with ease. Squats are a closed kinetic chain exercise that research has shown to be safe for the knees.

NOTES

Deep Squats are the best overall test to determine a person's range of motion. Deep Squats reveal one's mobility and flexibility at many levels for just one test.

This 8 pack SQUAT SEQUENCE was designed for helping older adults to be able to have a practical way to maintain their strength and to prevent falls. A strong lower kinetic chain in the ankles, knees and hips can be realized through gentle daily exercise. Day by day one does NOT need to settle for loosing their muscular range of motion. On the contrary, the muscular range of motion can be INCREASED, yes increased by sticking to a DAILY routine.