

SQUAT SEQUENCE GUIDELINES

The squat is one of the most basic and best all-around fitness exercises that one can do. Squats involve all the joints of the leg - the hip, the knee, and the ankle – thereby working several body parts at once.

When most people think of squat exercises, they usually picture muscle-bound guys lifting huge weights. But squats are also very useful for older adults. Strong and steady leg joints can help older adults to avoid falls and to maintain their independence. Squats are a functional movement; every time we sit and rise from a chair we are performing a functional squat. Squats are a great exercise for strengthening hips, thighs, and buttocks, so that walking, jogging, and climbing stairs are still a thing of ease.

The SQUAT SEQUENCE is designed to progressively ease one into performing a deep body-weight only squat. Warming up the ankles, knees and hips before going into the deep squat gradually prepares the body for performing this all-important exercise: The Deep Squat.