



Squats Level 3: Full Squats

Figure 1



Figure 1: Stand up straight, feet about shoulder width apart.

Figure 2

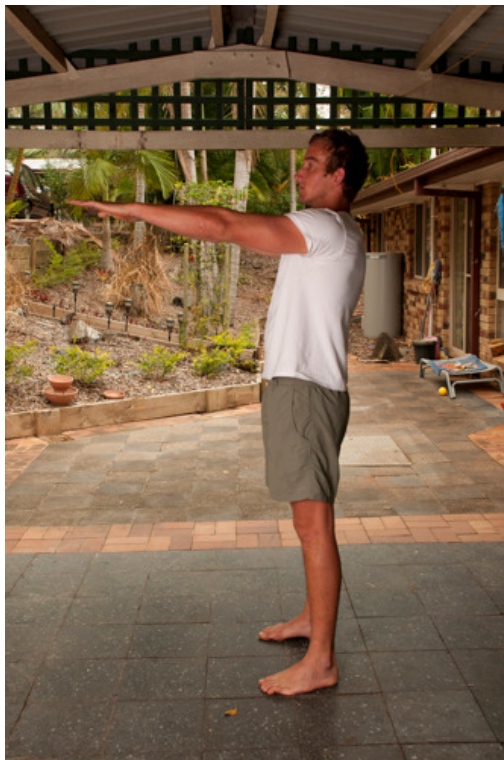


Figure 2: You may need to raise your arms forward until they are horizontal for balance.

The natural distribution of bodyweight according to the type of build influences how easy it is to maintain balance without helping with your arms.

Figure 3



Figure 3: Bend your knees until they are completely bent in a full squat. Pause momentarily.

Figure 4

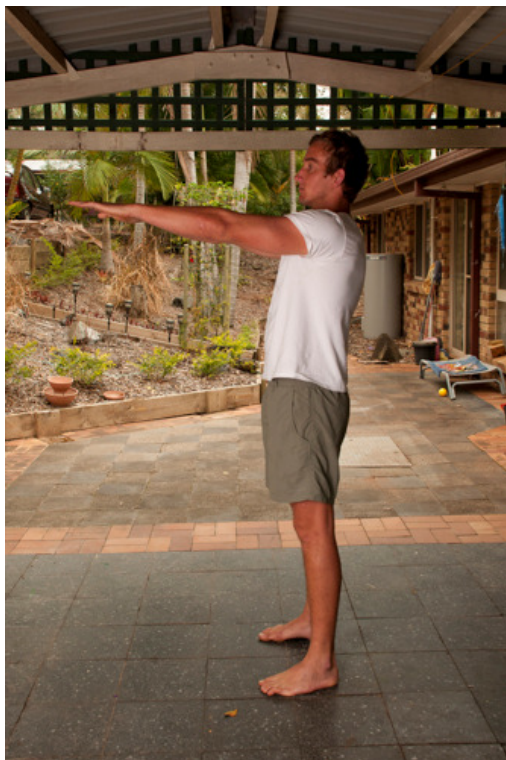


Figure 4: Now stand up again into the upright position. This is one repetition.

Train once or twice per week, as instructed by your practitioner.

Build up to 2 sets of 15-20 repetitions.