

Squat Test

Corrective Exercises:

See Core Strengthening in **Appendix A**

See Lower Body Flexibility in **Appendix B**

Box Squats

Place a box, chair, or bench behind you. Slowly descend into a squatting position, pushing your hips back and sitting on the object, and then push through your legs to rise again. Heels remain flat and feet point forward. Knees should remain behind feet and aligned over the feet. Core should be engaged, and glutes activated as your chest stays facing forward.



If you are unable to maintain knee and foot alignment, you feel pain in your knees, or you feel most of the work being done by your quad muscles, work on the Glute Bridge Exercise and the Lower Body Flexibility Exercises. If you feel back pain, stop the exercise and work on Core Strengthening Exercises.

Perform repetitions until fatigue. Gradually increase repetitions until completing 3 sets of 15 repetitions with proper form. Once this is attained, start practicing squatting without a box. Ask your Club Fit coach how to squat with weight if this becomes too easy.

Glute Bridge



Start on your back with your heels close to your glutes, shoulder width apart, and keep your core active. Press through your feet, with most of the pressure into your heels, and squeeze your glute (butt) muscles to extend your hips into the air. Hold for a second and then slowly lower your hips back to the ground. Repeat this exercise for 10-12 repetitions, or until the glute muscles are fatigued. Once you can perform this exercise easily for 20 repetitions, you can try doing this exercise one leg at a time for a challenge.



Figure 2



Figure 3