

## HOW TO PERFORM A SQUAT HOLD



### **HOW TO DO:**

- Stand upright with feet hip-width apart.
- Bend the knees and push your hips back as you lower down, maintaining a flat back as you do so and keeping your gaze forward.
- When your thighs are parallel to the ground, pause, then drive up through the heels and come back up to standing.
- When holding a low squat, rather than pushing up and coming up to standing, you simply stay down, with your feet firmly flat on the floor, keeping your gaze forward and engaging your back and core so that you don't start bending over.

Of course, this can all be made harder by adding some resistance like a dumbbell or kettlebell.