

EXERCISE TECHNIQUE - At Home Exercises

CHAIR SQUAT (4 progressions)

Target Body Part: Legs

Equipment Required: Chair

1. Standing with your feet approximately hip distance apart, sit your hips back into a squat position. Lower yourself until your bum touches the chair behind you.
2. Return to your starting position, squeezing the glutes.
3. Keep your shoulders relaxed, neutral spine position and your core tight throughout the exercise.

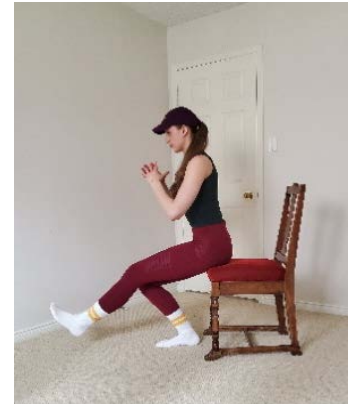
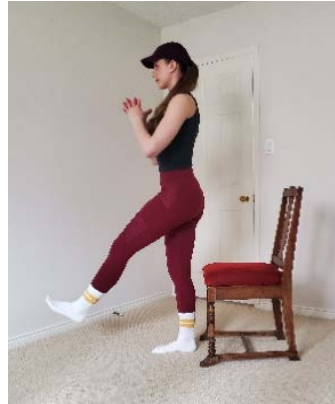


Please see examples of progressions with increasing difficulty through the change from bilateral (as is shown above) to unilateral, as well as the addition of weight.

Please use a partner responsibly and follow the guidelines for social distancing (i.e. only use a partner who you have been living with).

EXERCISE TECHNIQUE - At Home Exercises **CHAIR SQUAT (4 progressions) cont'd**

Unilateral Bodyweight Chair Squat



Bilateral Weighted Chair Squat (Example shown in photo is several books)



Bilateral Piggyback Chair Squat

