

Bonus: Doing squats this way can save your back

Posture Squats - no movement in back

1. Practicing Squats: A broomstick or BOOYAH Stick is helpful for alignment.



First squat with the stick in place. The stick should have 3 points of contact if done correctly (back of the head, mid-back, and pelvis). Assess knee position. Knees should be aligned with feet (not in or not out). The knees should remain over the feet (halfway between the heel and toes).

2. It is helpful to stretch the overhead arm as far above the head as possible to give a sensation of stretching and straightening the spine.



All motion should come from the hips. We want you to bend forward as deep as your hips allow and repeat 5 times. Make sure the glutes (butt muscles) are working and contracting. If you have pain in your back while performing this exercise, try tightening your abdomen at the same time.

3. How to tell if you are tightening your abdomen? Take a single finger from each hand and poke yourself on each side of your belly (abdomen). Tighten up your abdomen and when doing it correctly you should be able to feel it with your fingers.

