Title: Air Squats

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.</span></li>

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