Title: Bodyweight Squats

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.</li>

<li>Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.</li>

<li> Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.</li>

<li>Keep your back straight at all times.</li>

<li>Continue until you feel a slight stretch in your quadriceps. Pause for a count of one. Do not let your knees extend out beyond the level of your toes.</li>

<li>Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.</li>

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