Title: Chair Squats

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

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li class="p1">Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes and pointing forward.</li>

<li class="p1">Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.</li>

<li class="p1">Touch the chair with your butt then slowly rise back to the starting position.</li>

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