Title: Static Squat Hold

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Swing your arms up to shoulder level as you slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause and stay in this position for as long as you can. Return to the starting position by dropping your arms and push your hips forward.</span></li>

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