Title: Powerbag / Sandbag Squats

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

Secondary Muscle Groups: Calves, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your feet slightly wider than shoulder width apart and hold the powerbag/sandbag on your shoulders in a fireman's-carry style</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your legs and lower your body towards the ground. Be sure not to let your knees pass over your toe line. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keep your back nice and straight, and your chin up as you lower your body down to a full squat.</span></li>

<li style="font-weight: 400;">Drive upwards through your feet using your glutes to the starting position.</li>

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