Title: Resistance Band Squats

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your hands to your shoulders, keeping the handles of the band behind your shoulders. Brace your core and keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend first at the knees then at the hips. Be sure to keep the chest up and abdominals tight. There should be no arch in your back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause when your thighs are parallel with the floor, then slowly return to the starting position, feeling the tension from the band in your quadriceps.</span></li>

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