Title: TRX Suspension Straps Overhead Squats

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

Secondary Muscle Groups: Abs, Hamstrings, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Standing with your feet shoulder-width apart, grab a pair of TRX bands and hold them above your head. Keep your lower back straight and core tight.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your gaze straight ahead, bend at the knees first and slowly lower your hips. Make sure you keep your arms above your head during the entire movement. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your thighs are parallel with the ground, slowly return to the starting position, keeping a slight bend in the knees and the arms above the head.</span></li>

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