Title: Stability / Swiss / Exercise Ball 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;">Take a stability ball and place it against the wall. Position yourself against it so that the ball is contoured to the arch of your back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your feet at shoulder-width with your toes pointed slightly out. 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. Lower yourself until your thighs are parallel with the floor. Allow the stability ball to guide you but do not put all of your weight against it. Return to the starting position.</span></li>

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