

## **Squat Exercise Guide**

1. **Exercise Name:** Squat
2. **Number of Reps:** 10-15 reps
3. **Instructions:**
  - Stand with your feet shoulder-width apart.
  - Lower your body by bending your knees and hips, as if sitting back into a chair.
  - Keep your chest up and back straight.
  - Lower down until your thighs are parallel to the ground.
  - Push through your heels to return to the starting position.
4. **Equipment Needed:** None (optional: dumbbells or barbell for added resistance)
5. **Time Required:** 5-10 minutes