

SQUAT

Doing squats has considerable full-body benefits that most people are not aware of. The majority think that squats are just leg exercises and it doesn't do anything for the rest of the body.

Benefits of squat:

Gives You Total Physique

Get Rid of Fat

Improve Posture and Mobility

Tone Your Whole Body and Your Butt

Squats Enhance Circulation

Squats Improve Digestion

Squats Burn Loads of Fat and Contribute to Weight Loss

Squats Strengthen the Knees

Back Is Injury Free

Squats Improve the Overall Posture of the Body