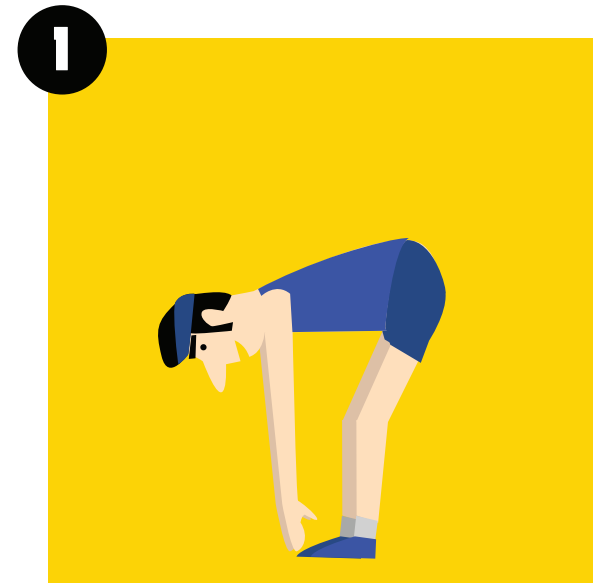
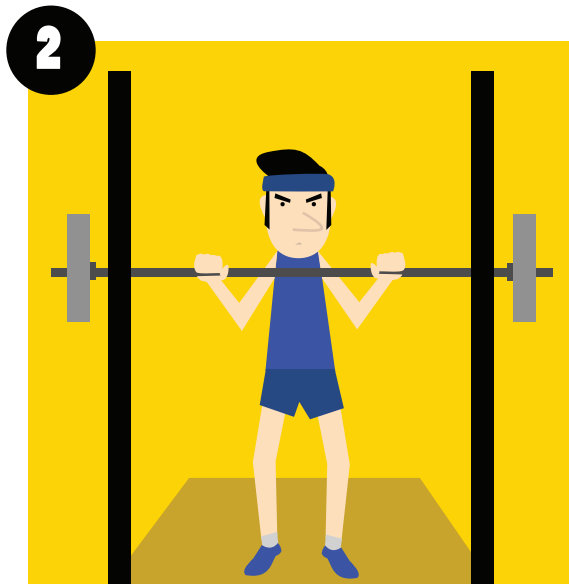


THE GUIDE TO A PERFECT SQUAT!

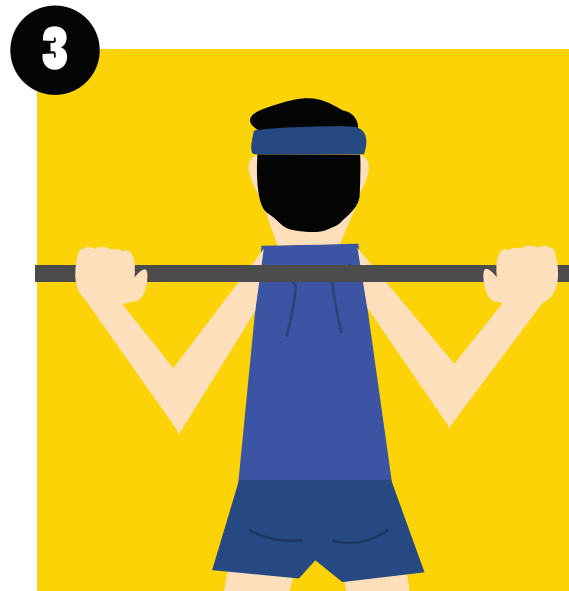
The ultimate exercise for leg and booty gains made easy.



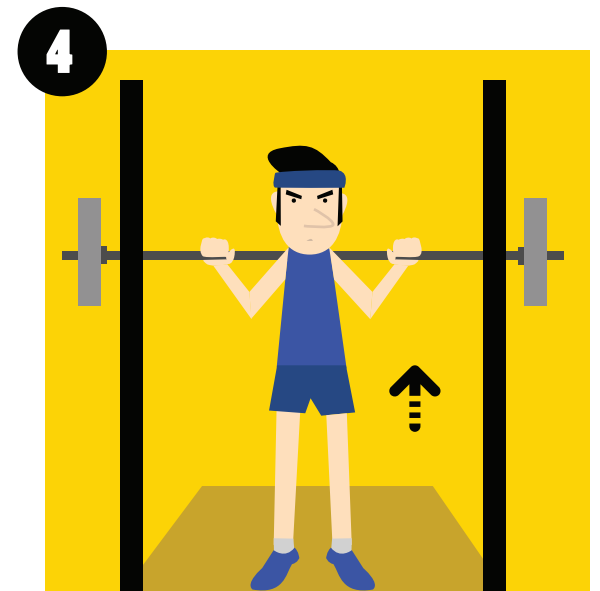
Warm up. The last thing you want to happen is an injury. Do some stretches and loosen up your body for the work you're about to do!



Prepare the bar and weights. Start with little to no weight if it's your first time. The bar should be at about mid chest / lower shoulder height level.

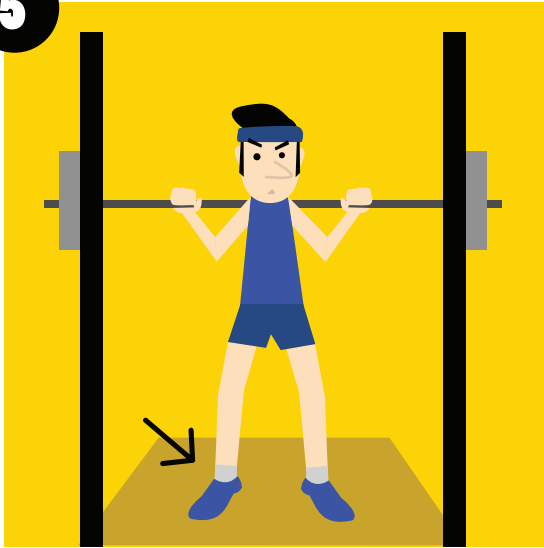


Get under the bar. Squeeze your shoulder blades together to create a "pillow" for the bar to sit on. Be sure to keep tight the entire time.



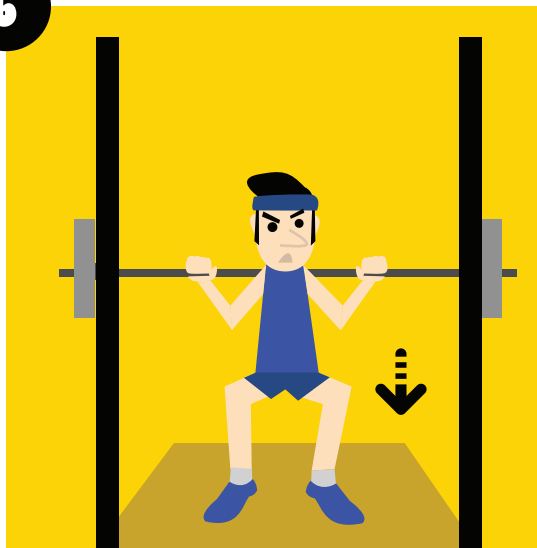
Unrack the bar. With your feet directly under your weight, squat upwards to unrack the weight.

5



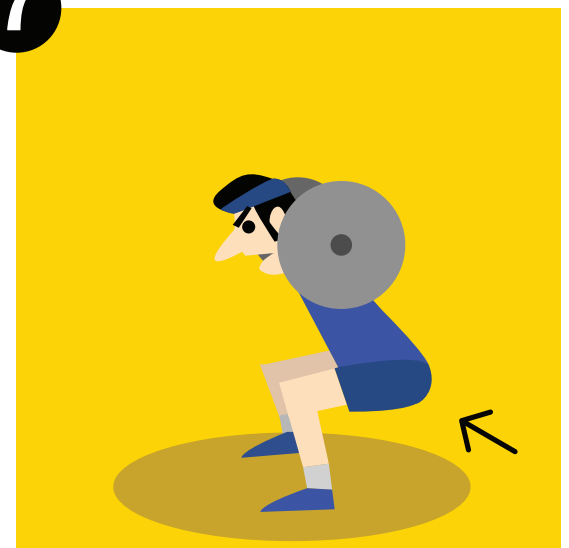
Position your feet. Take a step back and wiggle your feet into the proper position. They should be about shoulder width apart with your toes slightly pointed outwards.

6



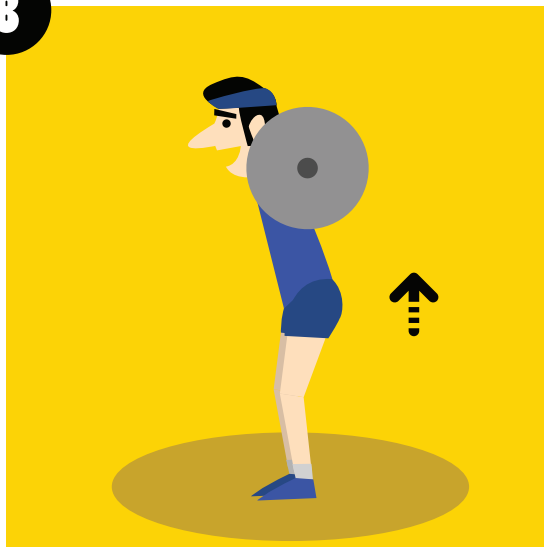
Begin lowering the weight. Inhale and lower the weight in a “sitting back” motion. Remember to keep your hands and shoulders tight and to keep your back straight.

7



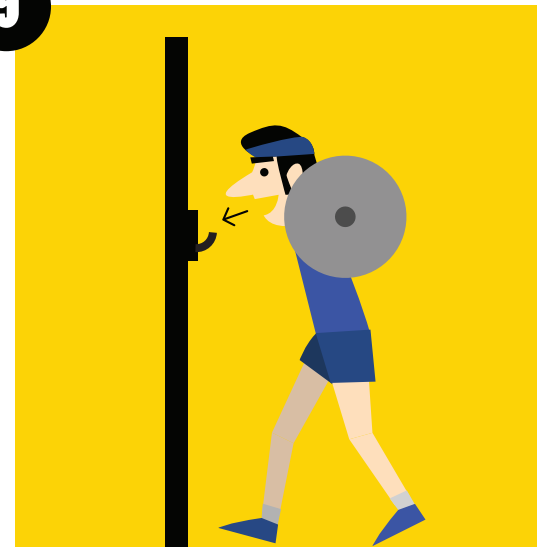
Aim to get your butt at or below knee level. How low you go definitely depends on comfort, but this is the best for a full range of motion.

8



Drive the weight back upwards. Imagine you are trying to drive your heels through the floor and use those hip, hamstring, and glute muscles to bring the weight back up.

9



Rerack the bar. Take a step forward and carefully place the weight back on the rack.

10



And you're finished! Give yourself a pat on the back. Don't your legs feel great?