Squat



- Stand up with your feet shoulder-width apart than Bend your knees
- Press your hips back and stop the movement once the hip joint is slightly lower than the knees

Push up



- Stand up with your feet shoulder-width apart than Bend your knees
- Press your hips back and stop the movement once the hip joint is slightly lower than the knees

3 Single Squat



- Stand up with your feet shoulder-width apart than Bend your knees
- Press your hips back and stop the movement once the hip joint is slightly lower than the knees

Single Squat



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