**Supported Body Weight Squat**

**Equipment**: None

**Instructions:**

1. Stand with your feet hip-width apart and hold onto a stable surface, such as a kitchen counter or table.
2. Bend your knees and push your hips back slowly as if you're sitting down.
3. Ensure your knees stay in line with your toes.
4. Lower yourself as far as comfortable while keeping your heels on the ground.
5. Push through your heels to return to the starting position.
6. Repeat for the desired number of repetitions.

**Key Tips:**

* Engage your core muscles throughout the movement.
* Keep your chest lifted and back straight to maintain good posture.
* Focus on going as low as you can while keeping your heels on the ground.