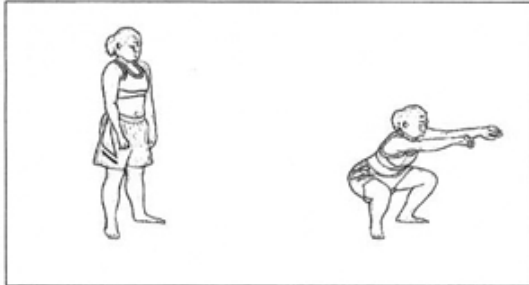




Perfect Fit Personal TrainingSM & Get Fit Boot CampSM

Squats



Key Points:

Keep your back straight and slightly arched.

Do not allow your knees to move too far forward.

Never bounce or jerk. Control movements.

Squats are an advanced exercise and proper form is essential. Seek professional advice for instruction on proper technique.

Instructions:

- 1) Stand upright, feet wider than hip-width apart, arms relaxed to your sides.
- 2) Squat down keeping your shins perpendicular to the floor until your thighs are parallel to the floor.
- 3) Look forward and keep your back straight.
- 4) You can extend your arms in front of you while you squat for balance.
- 5) Slowly stand up to the starting position.