

# Age Less Move More

## Squat Challenge Movement Sheet



**Squats** - From standing take your feet inner hip-width apart or outer hip width apart if you don't practice squats. Press into the outer edges of your heels making sure your feet are facing straight ahead without ducking or pigeon-toeing. Drop your tail, take your ribs in and down toward your pelvic bowl. Roll your inner arms out and squeeze your shoulder blades together. Exhale bend your knees as far as you can — DO NOT go into knee pain! If you can you will drop your bottom to almost touching the floor. Take your hands to the inside of your knees and bring your hands into a prayer position. Hold and breathe. When ready, come back up to standing by pressing into the outer edges of your heels. Exhale

come down into squat, inhale back up and continue. Build up to doing 50 squats a day. This pose resolves knee pain, lower back pain and hip tension.