

Level Two: Body Weight Squat

This is a progression from the previous exercise because the core is involved more to keep the spine straight (with a slight lean forwards). Gradually increase the range of movement that the member squats, start with the top of the BOSU ball and progress by squatting half way down the BOSU then the bench.

The range of movement (depth) is decided by how well the client squats. The depth to go to is decided by a rounding of the lumbar spine. As soon as the spine starts to round the member goes no lower. This is their current range of motion (depth).

Teaching Points

- Start with feet shoulder width/hip width apart
- Toes can be pointing straight ahead or slightly turned out
- Keep your back straight and core engaged
- Push your hips/buttocks back to initiate the movement
- Squat down, bending at the knees until thighs at least parallel or range of movement achieved
- Make sure your upper body angle (hips to shoulders) is the same angle as that of the lower body (ankles to knees). Avoid excessive movement of knees past toes.

**The pictures on the right (at the bottom of the squat) show the difference in depth on the BOSU ball, top and halfway down.*



Target Muscles

Primary Muscles: gluteus maximus, quadriceps

Secondary Muscles: erector spinae, rectus abdominus, transverse abdominus, adductors, abductors, hamstrings

Look out for: knees turning in / out, heels coming off the floor, initiating movement through the knees, movement from the hip (upper body moves bends down / bows), shifting to one side when pushing up

