

---

## Squat Thrusts

- Put your hands on the floor, shoulder width apart. Stretch your legs out behind you as if you are about to do a press up.
- In one movement, bring both legs into a tuck position, bending the knees into the chest.
- Return to position one.
  
- You can also do alternate leg squat thrusts - even more tiring!
- Start with the left leg. Bring the right leg forward as you bring your left leg back.

