

# WALL SQUATS

## WHAT'S THE EXERCISE FOR?



This is a strength building exercise that targets your leg muscles and your glutes.



## TECHNIQUE AND KEY POINTS:

Standing with your back against a solid wall, use your arms to help you get into position. Keep your upper back against the wall and cross your arms in front of you. Lower and hold at about 90 degrees, then lift slowly with control. NB - Your knees should bend slightly over your toes as you carry out this exercise, but take care not to allow them to buckle inwards. Your feet should be pointing forward. This will help you maintain correct postural alignment for the duration of the exercise.

01

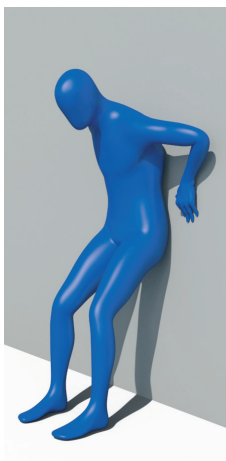
Standing with your back against a solid wall, use your arms to help you get into position.

02

Keep your upper back against the wall and cross your arms in front of you.

03

Lower and hold at about 90 degrees for 10 counts, then lift slowly with control.



Hold at 90 degrees

10

seconds

## FREQUENCY OF USE:

Four times a week



REPEAT WHEN NECESSARY