

Chair Squat



- Sit on the edge of a sturdy, non rolling chair that allows your knees to be level. If you are using a rolling chair, place it in a corner.
- Make sure when you look down over your knees that you can see your feet. It is best to make sure your knees don't go past your toes.
- Place your hands out in front of you for balance, and without using your hands, to help, stand up, keeping your chest held high and your eyes forward.
- Lower your body toward the chair, but don't sit down. When you feel the chair beneath you, return to the upright position.
- If this is too challenging, or your knees don't like the full range of motion, you can do this same motion on a higher chair. Even sitting on the edge of a couch is a great place to get started. For more challenge, hold dumbbells at shoulder height during the exercise.
- Keep your abs tight and your shoulders back throughout the motion. Try not to stop and rest between reps; do as many as you can and then rest.
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
