

**Chair Squat**

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- Holding on to the back of a chair or other sturdy object that is about waist high, stand upright, putting all of your weight on one leg.
- Tighten your abdominal muscles, and keep your legs straight at all times.
- Keeping your posture tall, extend one leg behind you as far as you are able without bending forward.
- To make this a little more challenging, rotate your foot so your toes point away from your body as you extend your leg behind you.
- Return your leg to the start position, toes forward. Repeat the desired number of repetitions and then switch legs.
- Keep your abs tight and your shoulders back throughout the motion. Don't rotate at the hips, the motion is in moving the leg towards the back with rotation in the extended leg.
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions on each side

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**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.

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