

**Plié Squats (PLEE-ay)**

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- Stand facing the back of a chair with your feet slightly more than hip-width apart, toes pointed outward. Hold on to the back of the chair for support
- Contract your abdominal muscles, lift your chest, and relax your shoulders
- Lower your tailbone toward the floor as though you were sitting down on a chair, bending your knees toward your toes
- Keep your knees over your feet, don't let them go past your toes
- Find your balance, most of your weight should be toward your heels
- Take a deep breath in and then exhale, pushing into your legs to rise to a standing position
- 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

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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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