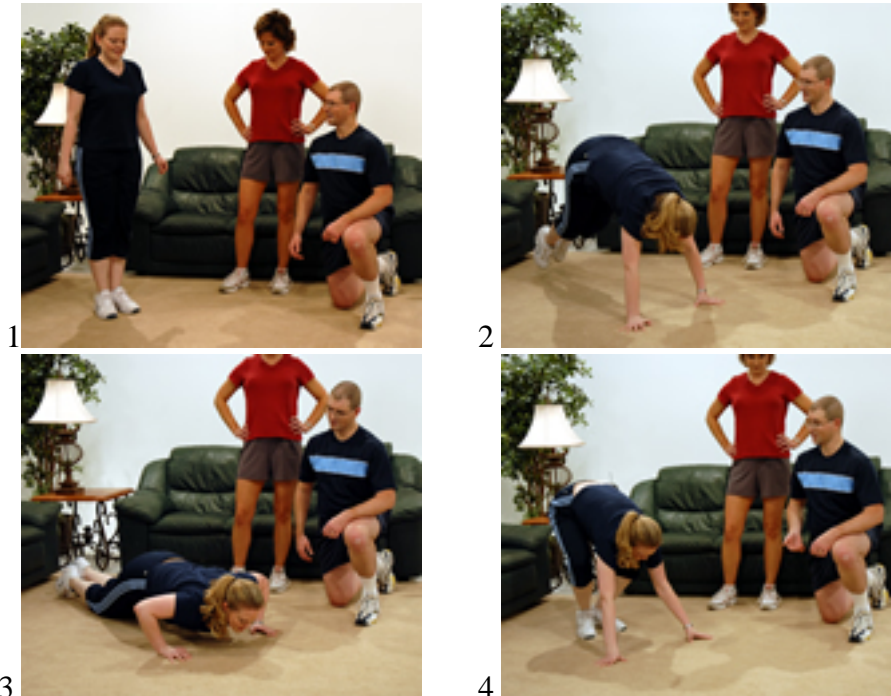


**Squat Thrusts**

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- Stand with your feet shoulder width apart, knees slightly bent.
- Squat down, placing your hands about shoulder width apart on the floor.
- Thrust your feet out behind you, placing you in a push up position.
- With your knees or feet on the floor, do a push up while keeping your back straight.
- Jump back to a squat position, then with a straight back stand up; this completes one repetition
- Repeat the desired number of repetitions
- During the squat, don't go past 90 degrees as the knee; go to the point that you can reach the floor before you jump your legs back.
- Because this is a challenging exercise, don't be surprised if you can only do a few. Your heart rate will increase, so be mindful of how you feel and slow down if you need to.
- For best results, aim for 1-3 sets of 8-12 repetitions. This is a challenging exercise, so don't be surprised if you can't do as many at the beginning.

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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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