

Team Squats



- Stand facing a partner who is approximately your same weight, feet about shoulder width apart and about 6” away from your partner
- Hold your partners hands and lean back so your arms are fully extended
- Keeping your knees over the middle of your feet, lower your hips toward the floor, stopping when your knees are at a 90 degree angle or as far as comfort will allow
- Keep your back straight and look at your partner throughout the exercise
- Return to the start position and repeat as desired

- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.)

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.
