

# Squats



## Instructions

1. Stand tall holding onto countertop/table with 2 hands,
2. Looking forward imagine you are sitting down in a chair.
3. Bend knees and lower down into squat position
4. Push up through your heels into standing again

**Repeat 5-10 times**

## **PROGRESSION**

**Photo 2.** Try holding on with one hand

**Photo 3.** Try no hand support by hovering your hands close to countertop to provide support if needed.

