



# UCSU

Home Training Kit

# SQUATS

Difficulty rating:



**Pro Tip:**



Keep feet hip width apart. Send your bum back and down - like sitting on a chair. Only go as low as your range allows.



If you want to make these harder add a jump, hold at the bottom for 3 seconds or even add some weight.



**Hot Spot:**

Legs



**Sets & Reps:**

3 sets of 10 reps

