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# BODY WEIGHT SQUAT

## Directions

- Hold arms at shoulder height.
- Feet are positioned shoulder-width apart with toes pointing slightly out.
- Squat from the hips trying to lower the thighs so that they break parallel with the floor.
- Return to standing from squat position.

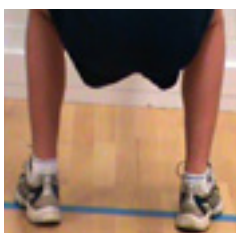
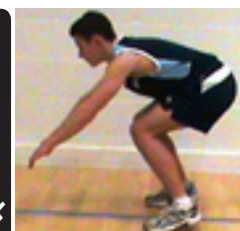


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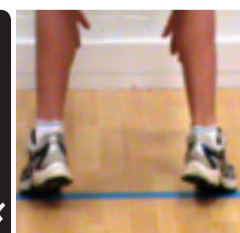
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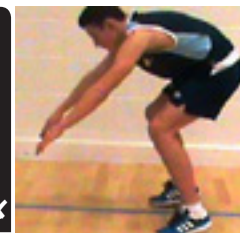
DEPTH					
Thighs break parallel with the floor					Thighs not parallel with the floor
✓	5	4	3	2	1
					✗



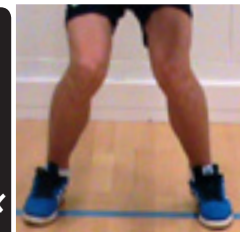
HEELS					
Heels are flat to the floor					Heels are off the floor
✓	5	4	3	2	1
					✗



BACK					
Back is straight and at the same angle as the lower leg					Back is rounded and not at the same angle as the lower leg
✓	5	4	3	2	1
					✗



ANKLE, HIP AND KNEE ALIGNMENT					
Good alignment – knees in line with toes					No alignment – knees buckle in
✓	5	4	3	2	1
					✗



WEIGHT DISTRIBUTION					
Even distribution through both legs					Severe uneven distribution – favours one leg
✓	5	4	3	2	1
					✗

