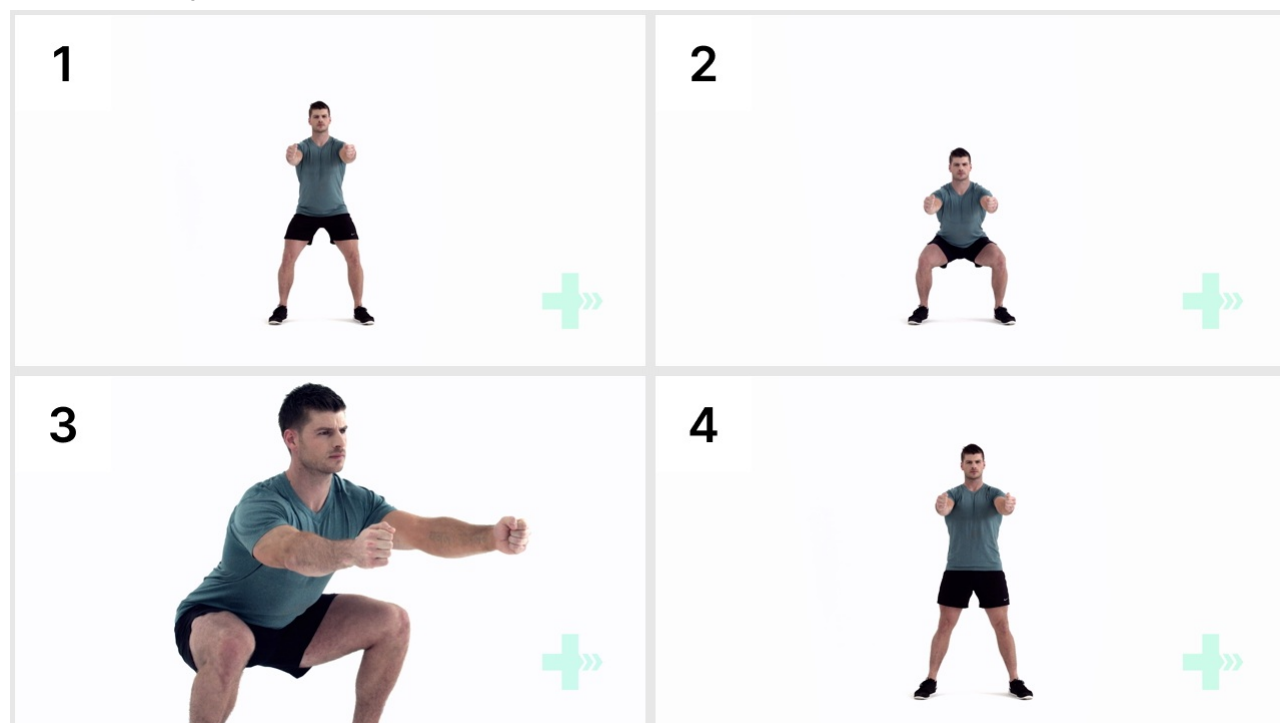


## 1. Bodyweight squat

1 Set • 1 Rep • 1 s hold



Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards. Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight. Keep the head and chest upright and the gaze horizontal. Hold for 2 seconds and return to the start position.