

THE DAILY

SQUAT ROUTINE

*Get strong legs, eliminate back
pain & burn more calories every
day!*

1

GOAL: 75 SQUATS A DAY

Watch the squat videos to ensure you are doing your squats correctly.

2

CHAIR: 50 SQUATS A DAY

Pretend you are going to sit then come all the way up to a standing position - at your desk, over the toilet, over your favorite chair - put the chair next to the wall so the chair doesn't slip out if you need to sit.

3

AIR: 25 SQUATS A DAY

Try to put that butt down a little further than you would with the chair or pretend you have a chair behind you. Make sure your knees are not going over the toes. Pay attention to feeling the tops and backs of your legs on the way down and squeezing your butt cheeks when you come up.

4

BONUS: SQUAT SIT DAILY

Instead of sitting on the couch perform an Asian style squat sit. Start with 30 seconds and work up daily to 10-20 minutes of the squat sit at a time. Your legs will be stronger, hips more mobile & you'll have less back pain. Watch Kelly Starrett's video linked in my episode 4 podcast notes for positioning.