

Basic Squat:

- 1.) With your feet wider than shoulder width
- 2.) Squat straight down.
- 3.) Keep your feet flat and slightly pointed outward.
- 4.) Stand back up, leading with the chest.

Plié Squat:

- 1.) Stand with feet slightly wider than shoulder-width apart with toes turned out, holding lighter dumbbells vertically in front of thighs.
- 2.) Keeping abs tight and torso tall, bend knees 90 degrees; keep knees aligned between second and third toes and weight in heels.
- 3.) Press back to start; squeeze your glutes.

Squat + Leg Raise

- 1.) Stand with your feet hip-width apart.
- 2.) Brace your core and lower your body into a squat.
- 3.) As you return to standing, lift your right leg out to the side while raising your arms until they're in line with your shoulders. Repeat with the left leg, and continue alternating legs

Squat Jacks

- 1.) Stand with your feet together and squat down, keeping your knees together and thighs parallel to the ground.
- 2.) Hold the position and hop your feet apart as wide as is comfortable.
Quickly hop your feet back together, keeping your hips low - this counts as one repetition.
- 3.) Maintain the squatting position and continue hopping your legs together and apart.

Squat + Reverse leg lift

- 1.) Stand with your feet hip-width apart.
- 2.) Brace your core and lower your body into a squat.
- 3.) As you return to standing, lift your right leg back while raising your arms until they're in line with your shoulders. Repeat with the left leg, and continue alternating legs

Triple Dip Squat

- 1.) Stand with feet slightly wider than shoulder-width apart with toes turned out.
- 2.) Keeping abs tight and torso tall, bend knees 90 degrees; keep knees aligned between second and third toes and weight in heels.
- 3.) Press back to start; squeeze your glutes.
- 4.) Stay in squat position and pulse 3 times

Sumo Squat

- 1.) Stand with your feet 6-12 inches wider than your shoulders and point your toes outward at around a 45° angle.

- 2.) Keeping your weight in your heels, slowly lower your bodyweight down. Make sure that your knees do not go over your toes.
- 3.) Lower your hips until your thighs are at least parallel to the ground (or as close as you can get), then slowly return to a standing position.

Sumo squat + High Kicks

- 1.) Stand with your feet 6-12 inches wider than your shoulders and point your toes outward at around a 45° angle.
- 2.) Keeping your weight in your heels, slowly lower your bodyweight down. Make sure that your knees do not go over your toes.
- 3.) Lower your hips until your thighs are at least parallel to the ground (or as close as you can get), then slowly as you come up lift one leg out in a circle rotating legs, return to a standing position.

Side Squat

- 1.) Stand up straight your feet should be placed wide apart with the foot of the lead leg angled out to the side. This will be your starting position.
- 2.) Lower your body towards the side of your angled foot by bending the knee and hip of your lead leg and while keeping the opposite leg only slightly bent. Breathe in as you lower your body.
- 3.) Return to the starting position by extending the hip and knee of the lead leg. Breathe out as you perform this movement.

Double Dip Ski Squat

- 1.) Stand with feet close together.
- 2.) Keeping abs tight and torso tall, bend knees 90 degrees; keep knees aligned between second and third toes and weight in heels.
- 3.) Press back to start; squeeze your glutes.
- 4.) Stay in squat position and pulse 2 times

Jump Squat

- 1.) Place your fingers on the back of your head and pull your elbows back so that they're in line with your body.
- 2.) Dip your knees in preparation to leap.
- 3.) Explosively jump as high as you can. When you land, immediately squat down and jump again.

Prisoner Squats

- 1.) Stand with your feet shoulder-width apart and place your hands behind your head, elbows out.
- 2.) Keeping your chest up and back flat, push your hips back and bend your knees until your thighs are nearly parallel to the floor. Push through your heels to return to start.