

# Body Weight Squats

## 1. START



Tighten abs

## 2. SQUAT



Push hips back

Shoulder-width

1. Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward.
2. Slowly bend at the knees and drop and push back your hips to lower your body. Keep your heels flat on the floor.
3. At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
4. Repeat for desired number of reps.

### Notes:

- To counter balance your weight hold your arms out in front of you or crossed at shoulder height.

Keep your back as straight as possible throughout the lift to avoid strain or injury.

**We will be open  
every other Saturday  
starting April 3rd!**

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

### Every Drop Counts!!!

In these unprecedented times, our community needs to stand together!

Hospitals are experiencing blood shortages like never before. The Red Cross is now offering **COVID-19 Anti-body** testing for every donation!



Check out our **Virtual Blood Drive** at <https://sleevesup.redcrossblood.org/campaign/highland-family-chiropractic/> to find out how you can pledge to donate today!

**We are currently back to seeing routine and maintenance patients.**

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our schedule.**