

# MARIN PHYSICAL THERAPY

## Lower Extremity Strengthening: Squats

\_\_\_\_ Sets of \_\_\_\_ Repetitions



### Free squats.

Feet should be slightly wider than shoulder width. Maintain knees over toes. Toes point slightly outward.



### Free Squats.

Lean over at the hips. Keep chest up. Stick rear out. Knees over toes.



### Wall squats.

Feet should be 12-18 inches away from wall. Knees over toes. Knees should not extend beyond toes.



### Ball squats.

Feet should be 12-18 inches forward of your body. Knees over toes. Knees should not extend beyond toes.