

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.