

Squat



Coaching Points...

1. Spine – Trunk in proper alignment (trunk angle parallel to shins)
2. Hips – Hips back and down (shoulders over feet)
3. Ankle, knee, hip alignment
4. Feet – Feet shoulder width apart with equal stance on both legs, push body weight through the outside of the shoe
5. Depth – Upper thighs parallel to the floor



THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



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