

focussed  
fitness

squats

Check-in with your own mental and physical well-being by tackling these squat-based exercises by Vicky Fleetwood

### Level 1 Beginners

If you've never squatted before, or find them difficult, make it easier by using something to squat against – a sofa or chair is ideal. To make it more difficult, go lower, to make it easier, go higher.

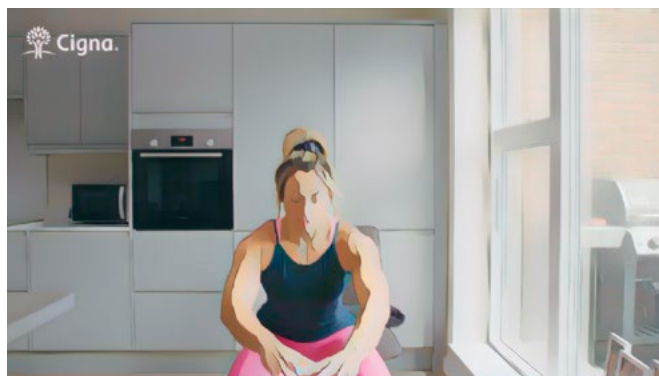


Set your feet just a bit wider than your hips, keep a nice flat back and sit down to touch the chair and stand back up again. Make sure to keep your chest up as you're doing it.

**If you can do 10 reps easily at one level, squat down to something lower.**



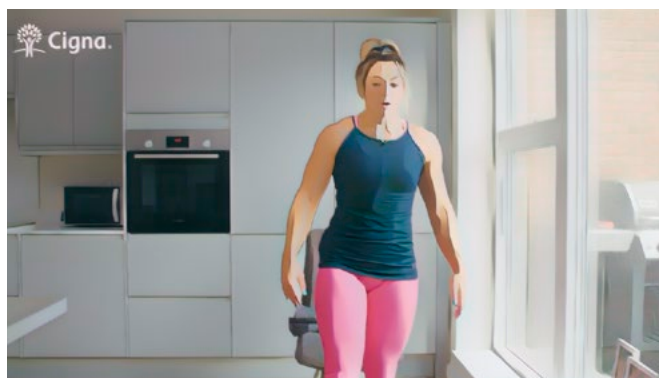
## Level 2 Air squat



Keep your feet slightly wider than your hips and keep your chest up as you go down into the squat. Make sure that your knees don't come in and they remain in line with your feet.

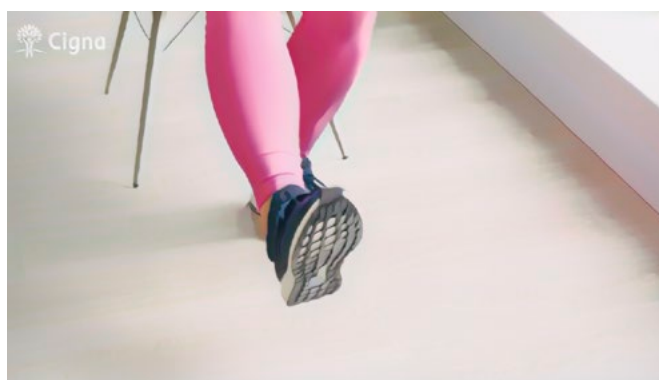
**If you can do 10 reps easily, you're ready to move to the next level.**

## Level 3 Single leg squats



Use something to reach towards and bring one leg up, squat down to the chair and stand back up making sure that your knee stays in line with your foot.

**Challenge yourself to do 10 reps.**

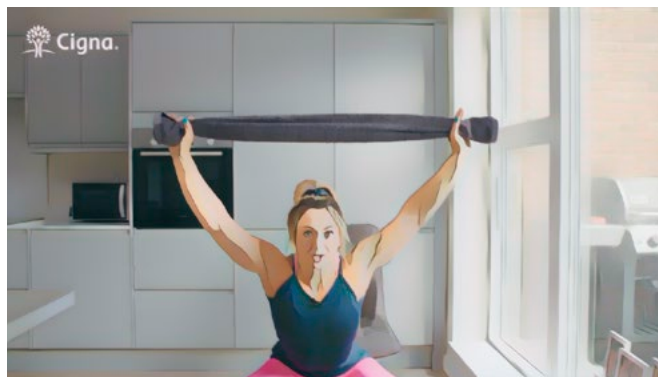
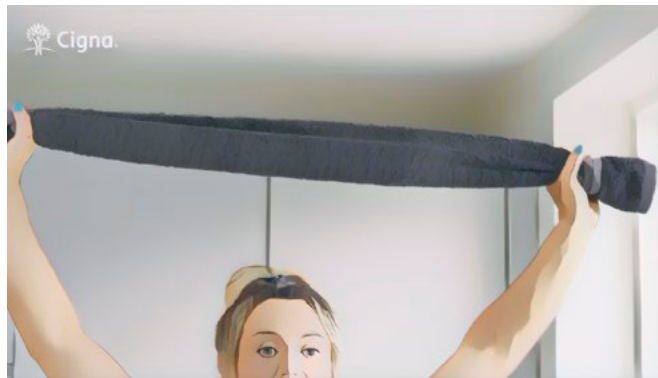


## Level 4 Overhead squat



Roll up a towel and bring your arms up over your head, making sure that you keep your chest up. Squat as low as you can into it and stand back up.

**Challenge yourself to do 10 reps.**



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