

Squat Matrix

Step 1: While standing with feet shoulder width apart, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.



Step 2: While standing with feet together with a narrow base of support, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.



Step 3: While standing with feet further apart with a wide base of support, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.



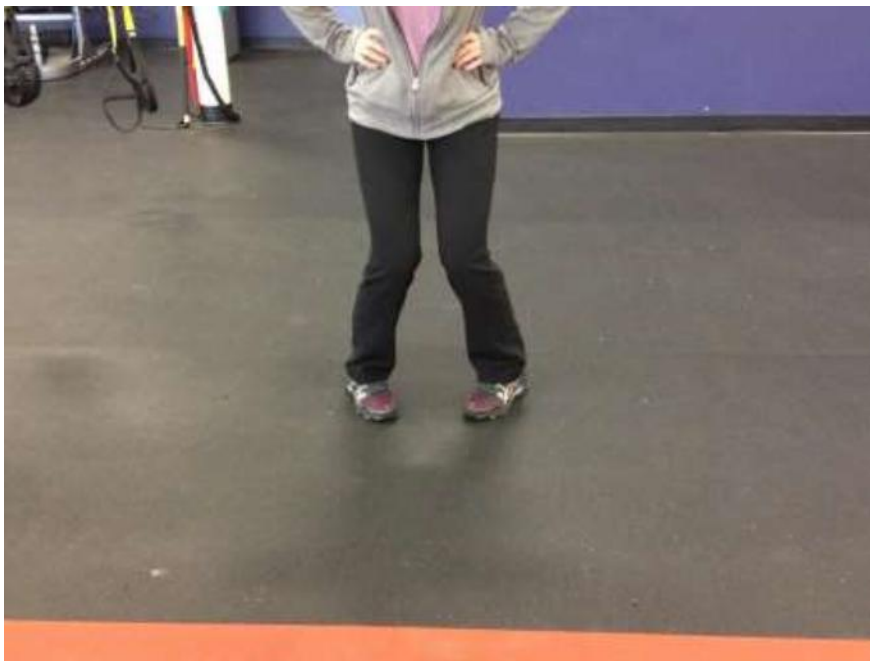
Step 4: While standing with right foot staggered in front of left foot bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.



Step 5: While standing with left foot staggered in front of right foot, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.



Step 6: While standing with toes facing inwards, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.



Step 7: While standing with toes facing outwards, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

