

The **SQUAT**, described here is a great way to strengthen your legs, back, and core.

To perform it correctly, place your feet at least shoulder-width apart on the floor and open them slightly outward. Then sit far down and back while keeping a long spine.

It is important to make sure that your elbows exert gentle pressure outward against the inside of your thighs to support the exercise.

If you want a variation, you can also stretch your arms far forward at shoulder height and spread your fingers to use the leverage of your arms and stay deeper in position.

This exercise can be a great addition to your workout routine to strengthen your legs and back. Hold the position for a few seconds before slowly returning to the starting position.

Repeat the exercise several times and gradually increase the number of repetitions to improve your strength and endurance.

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