Squat with wall support



GOAL

Primary: Build bones
Secondary: Build bones

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

This exercise challenges the muscles on the front of your thighs. Using the wall decreases the need to focus on balance so you can work on strengthening.

HOW TO

1. Stand with your back against the wall
2. Step one foot at a time away from the wall as you lean back against it
3. Slowly bend your knees to lower your body with your back on the wall
4. Start with small knee bends and increase the challenge by bending deeper into the squat
5. Return to a straight leg position with your back against the wall

Repeat.

REPETITIONS

5x5"

DIFFICULTY DESCRIPTION

[tt:node_exercise_48_difficulty_level_1_description]