

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #3: Basic bodyweight squat

The squat exercise is the “Cadillac” of lower-body exercises. It’s easy to do and involves the large muscle groups of the lower body – the quadriceps (front of the thigh), hamstrings (back of the thigh) and gluteals (your butt; not trying to be funny here, it’s an important muscle group for hip stability!). Besides, when you work the large muscle groups such as these three, you burn more calories.

To do:

Stand upright and imagine your pelvis as a bucket of water. Tilt your pelvis so that you are “spilling” the bucket of water onto the floor directly in front of you.

You also want to involve the transverse abdominus muscle while flexing the torso forward slightly. Bend your knees slightly, lowering your bodyweight down, so that you feel engagement in the lower-body muscles. Reach the arms forward in the down-phase of the exercise; this helps you counter-balance.

Pause for about 5 seconds, then stand back upright. Repeat for 12 reps.

Alaina M. Eichinger • Certified Personal Trainer • Lansdale, PA • In-home training also available
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