

Pole Squat



- This is a great squat for working your hips and thighs, even if you have trouble with your knees
 - Find an upright pole, lamppost, or street sign and hold onto it about mid chest height
 - Place your feet on either side of the pole, keeping your knees directly over your ankles
 - While holding on to the pole, lower your body down and back, still keeping your knees over your ankles
 - Pause briefly at the bottom, preferably at a 90 degree angle at your knees, and then return to the start position
 - Try not to use your arms to pull up, just use your arms to maintain position
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- For best results, try to complete 1-3 sets of 8-12 repetitions per set

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
