**How to do Air Squats**

Step 1:

Stand with your feet shoulder-width apart, with your toes pointed slightly outward. Cross your arms in front of your chest (like a genie). Then engage your core muscles and push out your chest slightly by pulling your shoulder blades towards each other.

Step 2:

Bend your knees and push your butt and your hips out and down behind you as if you were sitting into a chair. Keep your weight on your heels and make sure your knees are over your toes, but not beyond them.

Step 3:

Come down until your thighs are below parallel to the ground, or as far down as you can get them. Make an effort to keep your knees externally rotated (don’t let them fall inward). Make sure to keep your chest upright.

Step 4:

Straighten your legs and squeeze your butt to come back up.

* The key points you should remember when you do an air squat:

• Keep your weight on your heels.

• Keep your chest upright with your shoulders pulled back.

• Your feet should be shoulder-width apart with your toes slightly pointing outward.

• Your knees should be over (but not beyond) your toes.

• Your butt, back, and core muscles should be engaged the entire time.

• On the downward portion of the squat, aim to go below parallel.

**How to do a Wide Squat**

We do these with the toes turned outwards and a wide stance, which acts to target the inner thighs and the gluteus maximus muscle of your butt.

Gluteus maximus work is great because it tightens and lifts the butt. This small muscle is one of a trio that makes up your butt, and working it is important to get that lift factor.

*How to perform a wide squat:*

Step 1:

Begin with your feet spread wide apart, about 2-3 times the width of your shoulders. Point the toes outwards to a comfortable angle – around 45 degrees or maybe a bit more.

Step 2:

Cross your arms in front of your chest (like a genie).

Step 3:

Bend down with your knees facing outwards. Make sure both knees are at a 90 degree angle (like a square corner).

Step 4:

Return to a standing position by pushing up and through your heels while squeezing the glutes and core to engage the butt muscles when pushing up out of the squat and at the top.

Step 5:

Repeat to desired amount.

**How to do a Standing Lunge**

Step 1:

Begin by standing with your feet shoulder-width apart and place your hands on your hips for stability

Step 2:

Step forward with one leg and descend into the eccentric contraction by bending your front knee until your thigh is slightly above floor level

Step 3:

Use your rear foot to balance by coming forwards slightly onto your toes (lifting your heel from the floor on the rear foot)

Step 4:

Straighten your front leg by driving through your heel. Simultaneously, straighten your rear leg on the way back up as well.

This will bring you back to the starting position; continue for your desired amount of repetitions.

**How to do a Walking Lunge**

Step 1:

Begin standing with your feet shoulder-width apart and place your hands on your hips for stability.

Step 2:

Step forward with one leg and descend into the eccentric contraction by bending your front knee until your thigh is slightly above floor level.

Step 3:

Use your rear foot to balance by coming forwards slightly onto your toes (lifting your heel from the floor on the rear foot).

Step 4:

Straighten your front leg by driving through your heel and begin to step forwards with the alternate leg.

Step 5:

Once your alternate leg is safely planted in front, begin the same motion and continue the exercise leading with the opposite leg.