

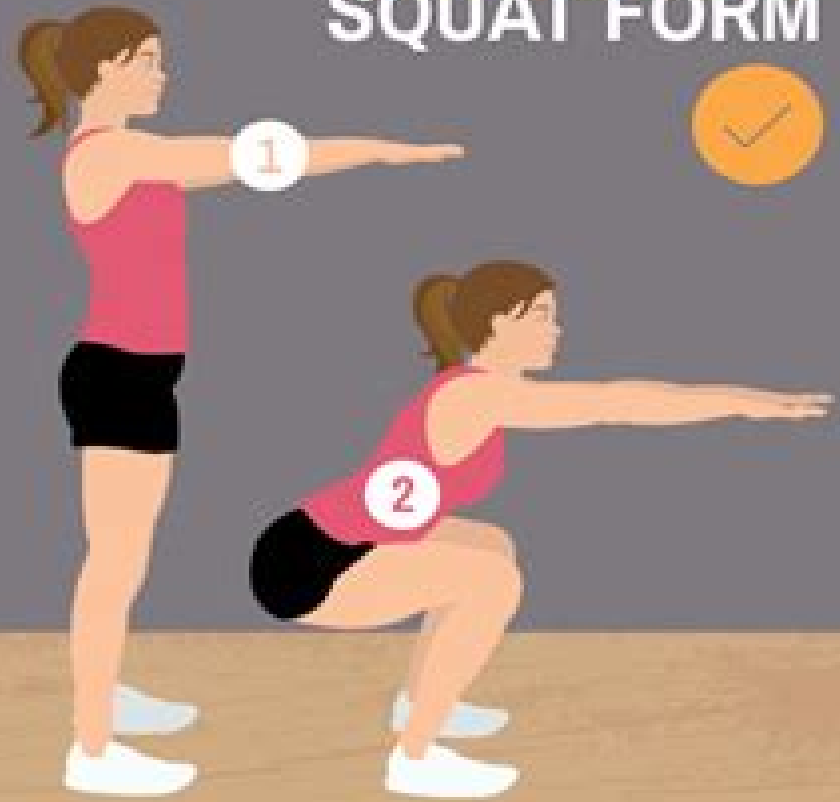
IMPROPER SQUAT FORM



DON'TS

1. Don't start with bent legs.
2. Don't curve back.

PROPER SQUAT FORM



DO'S

1. Start with legs straight and arms pointed forward.
2. Keep back straight while bending knees and keeping arms forward. Keep abs engaged.

Excercise Guide Correct Form

D Siedentop



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