

## Squats

The squat is a multi-joint exercise for the lower body involving the hips, legs and buttocks. It increases balance and will build bone mass in the hips. Take it to the next level using your broom, body bar or barbell. Don't be a desperate housewife; transform yourself into warrior woman and sweep away the obstacles in your path.



Make sure that your heels stay on the floor as you squat to sit on an imaginary chair. The lower you squat, the more you recruit your glutes. Hold your abdominals tightly and push off your heels. Holding the broom recruits your biceps muscles and keeps you in good alignment for your squat; you get two exercises for the price of one. Exhale on exertion. Rise to your full height; your arms hold the broom throughout the movement and then repeat. Try to do a set of 10 repetitions. Aim for 3 sets. Progression is: broom to weighted body bar to dumbbells or barbell.