

Squat Stretch

MAP REF

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MAP REF

8

Flexibility

HOW TO

- Stand at the end of the high bar with your feet hip-width apart and your toes pointed slightly outward
- As you start to squat, take a hold of the bar in front
- When you reach the depth of the squat allow your lower back to flatten or even curve and hold this position, trying to allow your feet to remain flat on the ground. Don't worry if your heels come off, this suggests you have tight calf muscles
- Engage your core and return to the starting position
- Repeat



TIPS

This stretch is particularly good for people who have back pain, digestive problems or spend a lot of time driving or sitting each day

