

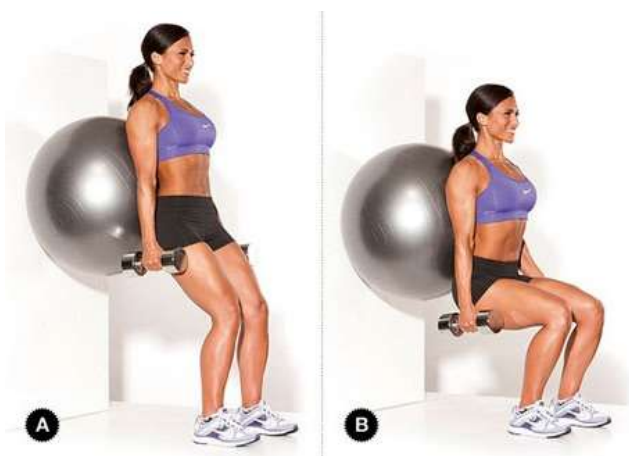
SQUAT VARIATIONS



Basic Squat



Squat with weights



Squat with weights and gym ball on wall

Repeat all squat exercises 10 times rest 10 sec repeat twice more

Build up weekly by increasing the number of repetitions of 10