

# SEMI SQUAT

## POSITION

1. Feet shoulder width apart.
2. Step 1
  - Butt back & weight in heels - stretch arms forward with chest up.
3. Step 2
  - Drive through heels & breathe out to stand up.

## NUMBER

x 10



**STEP 1**

Do this movement gently. Limit movement if any discomfort in neck or shoulders.

### Make sure:

- Push butt back as arms come forward.
- Limit arm movement if any neck or shoulder discomfort.

### Breathing:

- Breathe in as move into Step 1.
- Breathe out as drive through heels & stand up (Step 2).

### It is good for:

- Hip joint & thoracic mobility.
- Relaxation lower back.
- Re-enforcing balance principle.
  - Butt back - weight in heels.
  - Push imaginary crates back.
- Re-enforcing Lifting Principle.
  - Butt Back, Chest Up, Breathe out.