

SQUAT WITH STABLE OBJECT

The squat using a stable object is the least demanding.

Variation 1: Wall Squat

The wall squat can be accomplished with or without a ball. For added resistance, dumbbells can be used. Unfortunately, the wall lessens glute activity, as it restricts forward movement of your torso. However, placing your feet far enough in front of your body (such that minimal forward knee movement occurs) increases glute activity and lessens knee joint loading (notably patellofemoral joint compressive force and stress).^{11, 14}

1. Start



Foot position

Place your feet shoulder-width apart or wider in front of your body. Rotate your feet slightly outward.

2. Finish



Back position

Keep an erect posture.

Knee position

Squat to 90° (or as close as possible) then return to the starting position. Keep your knees aligned with your feet. *Avoid* forward motion of your knees that exceeds the forward movement of your torso.