



## **PILE SQUAT**

Great for toning inner thigh and buttocks

- 1) Warm up before any exercise this can be a through light cardio or dynamic stretches.
- 2) Get into position by standing with your feet flat on the floor, spine straight, shoulders back and chest high. Using the best posture possible will evenly distribute your weight and help you keep balance throughout the exercise.
- 3) Take a dumbbell and hold the end in front of you. Spread your legs wide apart and point your feet at a slightly outward angle. Keep your back and shoulders straight in this posture. Start with a light weight and increase weight as you build your confidence with this exercise.
- 4) Bend your knees in a sitting movement. Throughout this movement focus on slowly bringing your butt backwards while still keeping your back straight. Focus on keeping your butt back instead of moving your knees forward to really work and tone the muscles. Try to keep your knees from extending too far past your toes.
- 5) Keep bending your knees until your thighs are parallel to the floor. Keep the dumbbell hanging down in the same position at all times. Rise out of the squat by pushing through the heels back to your starting position.

Start out by doing 3 sets of pile squats with 10 squats in each set. As your strength and endurance increases, use heavier weights and more sets of squats.

