

Squat and Wall Sit

Squat and Wall Sit Specific Corrective Exercises

Specific Correction	Name of Exercise	Description	Instructional Image
Knee Alignment	Box Squats Video instructions here .	Place a box, chair, or bench behind you. Slowly descend into a squatting position, pushing your hips back and sitting on the object, and then push through your legs to rise again. Heels remain flat and feet point forward. Knees should remain behind feet and aligned over the feet. Core should be engaged, and glutes activated as your chest stays facing forward.	
Shoulders Forward Correction (if shoulders are rounded and forward)	Glute Bridges	Start on your back with your heels close to your glutes, shoulder width apart, and keep your core active. Press through your feet, with most of the pressure into your heels, and squeeze your glute (butt) muscles to extend your hips into the air. Hold for a second and then slowly lower your hips back to the ground. Repeat this exercise for 10-12 repetitions, or until the glute muscles are fatigued. Once you can perform this exercise easily for 20 repetitions, you can try doing this exercise one leg at a time.	

To safely improve squatting technique, it is important to ensure you are doing so with the correct form. These exercise and stretches help to put your body through the motions and prevent injury. These corrective exercises can also be used to improve wall sit scores, especially the general exercises on page 2.



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General Exercises to Improve Squat and Wall Sit

Name of Exercise	Description	Instructional Image
Hip flexor stretch	Make sure to keep your core engaged and feel the stretch in your hip flexor muscles, which run from the top of your quad to your stomach. Hold this stretch for 30-60 seconds on both legs.	
Quad stretch	Keep your core engaged and do not let your pelvis tilt forwards. You should feel the stretch in the quad muscle, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Hamstring Stretch	Keep your leg that is on the chair straight but do not lock the joint. Make sure to keep your back straight and do not round your back forward. You should feel the stretch down the back of the leg that is on the chair. You should feel the stretch in your hamstring, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Hamstring Stretch	Keep your legs straight but do not lock the knee joints. Put a towel around your feet and pull your body down to your legs. Make sure to keep your back straight while you do this. You should feel a stretch in the back of your legs from your hips to the back of your knees.	
Glute Stretch	Keep your back flat against the ground and slowly push your left knee away from you until you feel a stretch. To feel a deeper stretch you can move closer to the wall. Hold stretch for 30-60 seconds on each leg.	
Crossover Hip Stretch	Start laying flat on the ground. Raise your right leg up off the ground towards you, bending it in a 90 degree angle. Use your left hand to gently pull your right leg over to the left of your body, feeling the stretch through your right hip and glute muscle. Keep your right shoulder on the ground and only go through a motion that is comfortable. Hold for 30-60 seconds and then repeat on other side.	