

Exercise Corner

Half Squats – Tips

Half Squat

- 1) Feet, shoulder width apart, toes pointing forward
- 2) Weight evenly distributed throughout the exercise
- 3) Breathe normally, eyes looking straight
- 4) Upper body, head, neck shoulder relaxed

Start

- 1) Breathe in
- 2) Initiate squat bottom moving down and back
- 3) Knees bend to 90 degree keeping it over the ankle
- 4) Do not lean forward

Finish

- 1) Breath out
- 2) Bottom moves up straightening the knee
- 3) Distribute the load evenly to both lower limbs
- 4) Move from start to finish smoothly, without jerks

Errors

- 1) Feet turned inwards or outwards
- 2) Weight not distributed evenly on the feet
- 3) Holding the breath
- 4) Knees moving beyond the toes

*Dr. Kannan Pugazhemdi,
Physiotherapist, Chennai*