

Proper Form for Squats, Lunges and Hopping



When performing SQUATS, sit back as if you were sitting into a chair. Hinge at the hips, bend your knees, and keep weight on your heels as you sit back into the squat. Do not allow the knees to move inward as you squat.

When performing LUNGES, stretch out your stride. Ensure that the knee of the leg in front doesn't move past the toes as you lower your body into the lunge. Keep back straight and shoulders back as you lunge straight down. Weight should be evenly distributed on both feet.



When performing exercises that include HOPPING, you should land softly hitting your toes to the ground first with the midfoot and heel to follow. The knee should slightly bend as you land, and do not allow the knee to move inward.