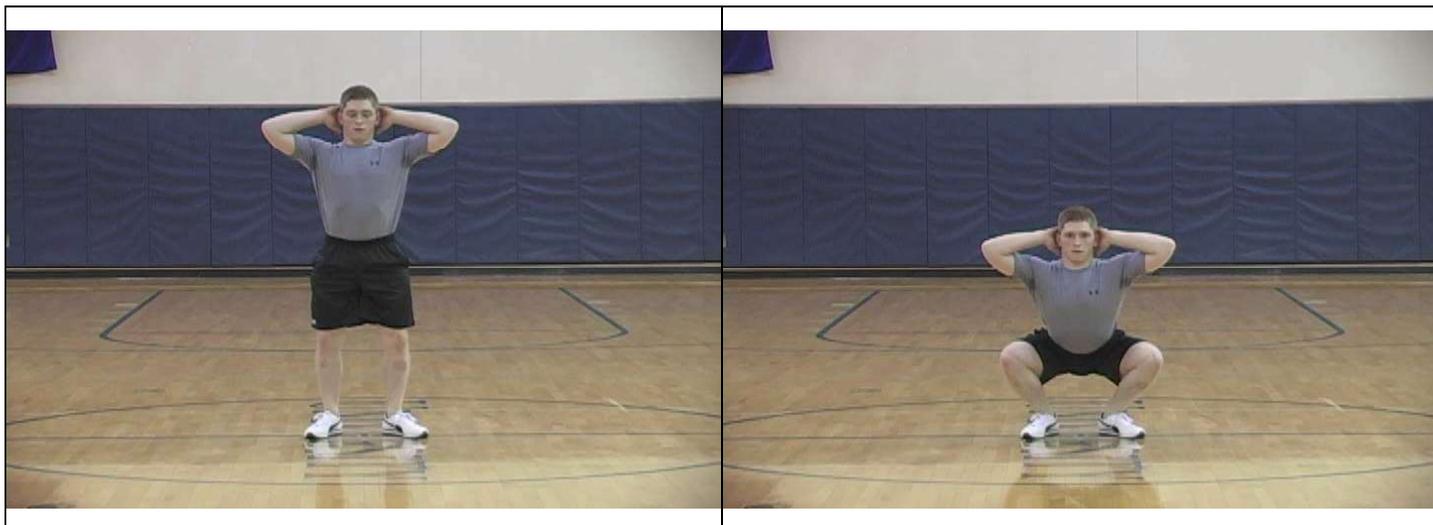


## 2.4 – PRISONER SQUATS



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To re-groove a proper squat pattern, while simultaneously improving mobility in the hips ankles and thoracic spine.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Set-up with your feet in a slightly wider than shoulder-width stance, and the toes turned out slightly.</li> <li>▪ Place your fingertips behind your head to help keep your chest elevated and a slight arch in your lower back.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Brace the core, sit back, and push your knees out to the side.</li> <li>▪ Go as deep as your mobility allows, or just before your lower back starts to round.</li> <li>▪ With your chest up and knees out, return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Don't allow any rounding of the lower back.</li> <li>▪ Focus on keeping the chest up and knees out throughout.</li> </ul>