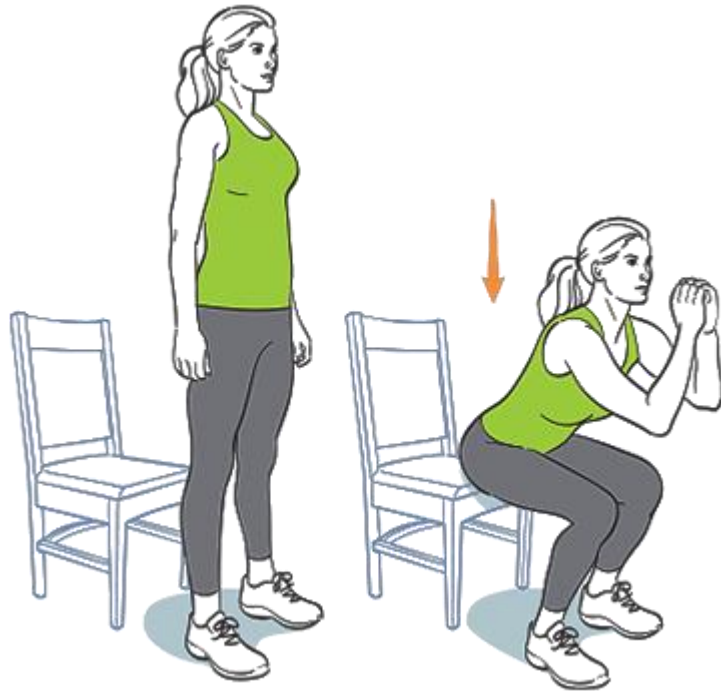


# Squat without Ball



- You may do activity with or without a chair.
- Stand with feet shoulder width apart.
- Squat down and pretend you are going to sit down in a chair.
- If chair is being used, try to hover over the chair without sitting in chair.
- Apply your weight into the heels of your feet.
- Hold squat position for 2 – 3 seconds.
- Stand back up without straighten your knees completely.

- Frequency of activation.
  - 5 – 10 reps twice a day