Muscle Strengthening at Home (Half Squat)

(Dave Patania)

The half-squat will really work your hips and your legs. Begin with your feet slightly more than shoulder-width apart, and extend your arms parallel to the floor. Lean forward just a little bit at your hips. As you go down, use your knees and your toes as a guide.

To ensure that you maintain the correct form, always keep your knees from moving in front of your toes. With your back straight and your hips still slightly leaning forward, lower yourself in a slow controlled motion until you reach a near-sitting position. Pause, and then slowly rise until you're standing again. Be sure your back is straight and your hips are slightly forward.

Here's a tip as you're learning this activity, place more of your weight on your heels than on the balls or toes of your feet. This will keep your knees from moving in front of your toes, as well as making you use your hip muscles more as you rise. There is an easier way to do this activity.

Stand about a foot from a wall and lean back against it, slide down until your knees are at about a 90 degree angle or your thigh bone is parallel to the floor. Don't force it if this angle is too far down for you. Simply stop at an angle where you feel comfortable.

Hold this position, keeping your abdominal muscles tight and head up. Then come back slowly to your starting position.

Do 1 set at least 2 times per week.