

# Squat Mobility Primer

Complete 1 round of this circuit before your workout to prime your hips, knees, and ankles for squatting.

## Lunge Position Mobilization

- 30 sec each side
- Gently push knee out to side
- Use exhale to increase stretch



## BW Lunge to Twist

- 6-8 reps each leg
- Step into lunge, then twist both ways
- Pause briefly in center position



## BW Prisoner Squat

- 10 reps
- Keep torso upright
- Sink hips into full squat



## Band Lateral Walk

- 10 steps one direction, then switch
- Slight bend in hips and knees
- Do not allow slack in band



## Band Good-morning

- 12 reps
- Push hips back, keep back flat
- Squeeze glutes to stand up



## Band Squat

- 10 reps
- Push knees out against band
- Drive through heels to stand up



## DB Lateral Lunge (5-sec hold)

- 6-8 reps each leg, alternating
- Big lateral step, bend one knee deeply
- Hold for 5 full sec at bottom



## DB Goblet Front Squat (5-sec hold)

- 6-8 reps
- Hold DB to chest, sink into full squat
- Hold for 5 full sec at bottom

