

Squat Mobility Primer (Bodyweight)

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

Lunge Position Mobilization

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



BW Lunge to Twist

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



BW Squat

- 12-15 reps
- Push knees out as you descend
- Drive through heels to stand up



BW Good-morning

- 12 reps
- Keep back flat, push butt backward
- Squeeze glutes to stand up



Inchworm

- 5-10 reps forward and back
- Walk hands out, then walk feet to hands
- Stand up fully between reps



Reach-Back (Lunge Position)

- 8 reps to one side then switch
- Twist in direction of back leg
- Reach for thigh, calf, or ankle



Single-Leg Quarter Squat

- 10 reps each leg
- Keep weight in heel, squat to 1/4 depth
- Do not let knee cave in



BW Prisoner Squat (5-sec hold)

- 6-8 reps
- Keep torso upright, sink into full squat
- Hold 5 full sec at bottom

