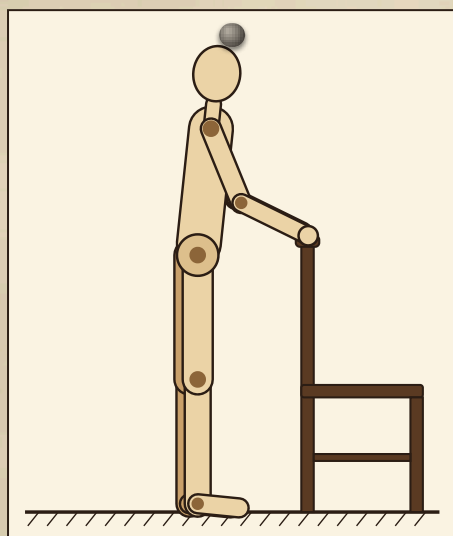


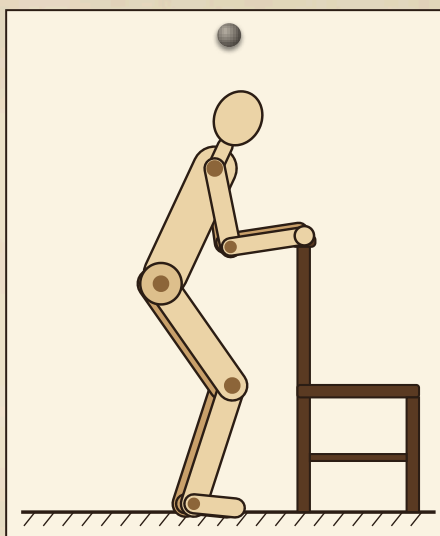


Mini squat

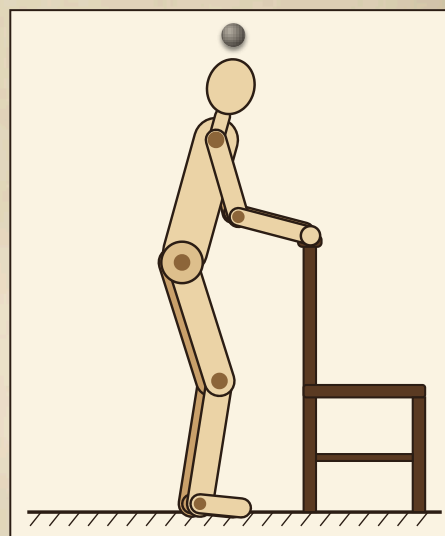
A small squat with something to hold. Builds the strength to get up from low seats and out of the car, without going all the way down.

**1 Hold the chair**

Feet hip-width.

**2 Knees bend a little**

Hips back, heels down.

**3 Stand tall**

Push through your heels.

The beat

2 seconds down, a short pause, 2 seconds up. 10 mini squats is one set. Rest a minute between sets.

How to do it

1. Stand behind a sturdy chair and hold the backrest with both hands.
2. Feet hip-width apart, toes pointing forward.
3. Bend your knees and push your hips back a little, as if starting to sit.
4. Go only a quarter of the way down, keeping your heels on the floor.
5. Push through your heels to stand tall again.

Make it fit you

Easier

Bend even less, just a small dip.

Harder

Go a little deeper, or pause for three seconds at the bottom.

Knees

Keep your knees over your toes, not caving in. Any sharp pain, stop.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/mini-squat/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.