



Half Squat



Stand to sit

Stand with your feet apart and arms out to the side.
Brace abdominals with lumbar spine in neutral
Squat back to an angle of 45 degrees
Bring your arms forwards as you lower yourself back
The movement is one of hinging at your hips

Sit to Stand

Sit on edge of chair with feet under knees and slightly apart.
Hold lumbar spine in neutral and braced
Bend forwards at your hips keeping the spine neutral
Take arms forwards
Stand up by pushing through your feet
Bring arms out to side as you stand up

Repeat ___ times