

## Reverse Squatting



1. Stand away from a wall.
2. Squat down until your knees are maximally bent.
3. Reach forward with your hands as you attempt to maintain your bodyweight through your heels, not your toes. Your back should be rounded and relaxed.
4. Keeping your hands reaching forward and your back rounded, slowly begin to raise your bottom up by straightening your knees as you push through your heels.
5. Continue to stand up as your back stays maximally rounded. Once you are upright, your knees should still be slightly bent.
6. Relax and repeat 4 more times.

**Reference Center(s):** *Left abdominals, Left heel, Right arch*