

Bodyweight Squat

LEGS / BODYWEIGHT

A foundational movement that bends the hips and knees, then pushes through the floor to stand. It uses several lower-body muscle groups at once. Choose a depth that lets you keep your feet planted and your trunk controlled.

Three phases of the movement



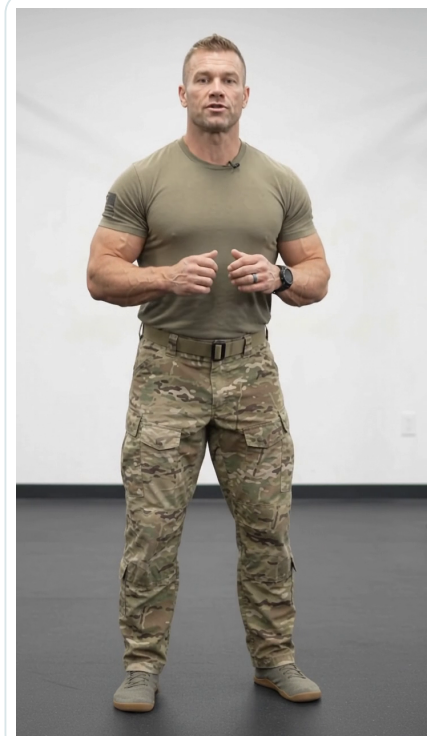
01 Set your stance

Stand about shoulder-width apart, with your toes turned slightly out. Brace your abdomen and keep a natural spinal position.



02 Lower with control

Inhale and bend your hips and knees together. Keep your knees tracking toward your toes and your whole foot on the floor.



03 Stand up

Exhale and push through the floor. Raise your chest and hips together, rather than letting your hips rise first.

FORM FOCUS

Keep your whole foot grounded. Lift your chest and hips together.

Technique and training notes

Equipment: bodyweight. Use a stable, non-slip floor.

Muscles and their roles

PRIMARY	Quadriceps and gluteus maximus Extend the knees and hips to stand up.
ASSISTING	Adductor magnus and hamstrings Assist hip movement and lower-limb stability.
STABILIZING	Gluteus medius, core and lower-leg muscles Steady the pelvis, trunk and ankles.

How to move

01 Set your stance

Stand with feet about shoulder-width apart and toes slightly turned out. Gently brace your abdomen.

02 Lower slowly

Inhale as your hips and knees bend together. Let the knees follow the direction of your toes.

03 Choose a controlled depth

Keep the heels and both sides of the forefoot down. Stop before your lower back rounds markedly; do not force extra depth.

04 Drive up together

Exhale and push through the floor. Bring your chest and hips up together to return to standing without bouncing.

KEY CUES

- Knees follow the toes.
- Heel and both sides of forefoot stay down.
- Maintain a natural spinal position.

COMMON ERRORS

- ! Knees collapsing inward.
- ! Heels lifting or the back rounding deeply.
- ! Hips rising first or using momentum.

BREATHING: Inhale as you lower; exhale as you stand. **RANGE:** Use only a depth where you can maintain foot contact and trunk position. Control each repetition rather than chasing greater depth.

Stop if pain occurs. Work within a comfortable range and do not force the movement.

REFERENCES / LINKS FROM THE ORIGINAL JAPANESE GUIDE

ACE Exercise Library: Bodyweight Squat
NASM: Biomechanics of the Squat
Video reference: ATHLEAN-XX