

SQUATS



REAL MEN
MOVE



1. Cross your arms over your chest or, for a harder workout, hold a weight



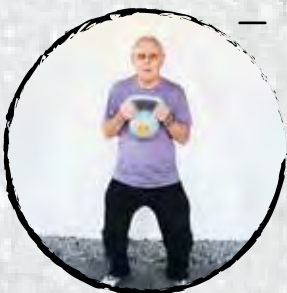
2. Bend your knees and stick your bottom out as if you are sitting back into a pretend chair



3. Make sure your knees do not come forward of your toes



4. Keep your back straight and stand up again



5. Repeat 20 times

