

Exercise of the Week

This week's exercise

Cossack Squat

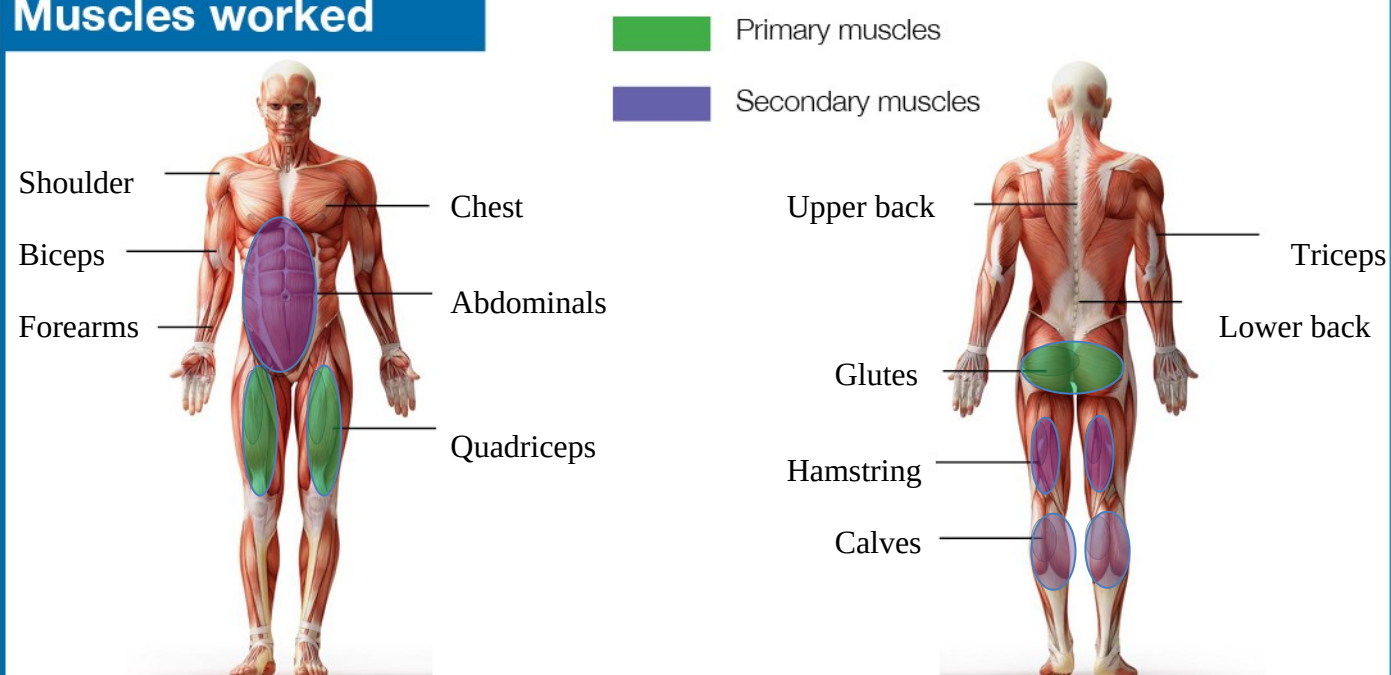
Exercise type

Body Weight

Benefits

- Can be used as a simple warm up exercise for lower body training.
- Cossack Squats have a great carry over to many other exercises such as squats with improved depth and stability.
- Exercise can be catered to most individuals with simple progressions or regressions.

Muscles worked



Considerations

- The heel of the foot on the bent leg should be flat on the ground at all times, with the knee being in line with the toes.
- Toes of the extended leg should be directed towards the ceiling.
- Maintain a tall spine at all points of the exercise – difficulty in doing so may be due to tight and weak muscles in the back and glutes.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.