

# Door Squats



## Instructions

1. Grab the door handles of an open door and place feet even on either side of the door. Heels should be even with the corner of the door.
2. While holding tightly to the door handles, slowly lower your body down into a squat position.
  - a. Kneed and hips should be approximately 90 degrees unless otherwise instructed.
  - b. Make sure that knees are on top of ankles and back remains straight.
3. Slowly return to starting position.