

Ultimate Squat Workout

Workout of the Month: September 2026



Why the Squat?

The squat strengthens your legs and core, improves everyday movement, and supports better posture. It's functional, beginner-friendly, and easy to scale for any fitness level.

Workout: Squat Progression Series

1. **Box Squat (10–12 reps):** Sit back onto a chair or bench, then stand tall. Focus on pushing through your heels and keeping your chest lifted.
2. **Bodyweight Squat (10–12 reps):** Feet hip- to shoulder-width apart. Lower hips back and down, keeping knees in line with toes.
3. **Tempo Squat (8–10 reps):** Lower for a slow 3-count, pause briefly at the bottom, then stand. Builds control and strength.
4. **Squat to Calf Raise (8–10 reps):** Perform a standard squat, then rise onto your toes at the top. Great for balance and lower-leg strength.
5. **Squat with Pulse (6–8 pulses per rep, 6–8 reps):** Lower into a squat, pulse at the bottom, then stand. Keep your core tight and knees tracking forward.

Trainer Tip:

Keep your weight in your heels and your chest lifted. If your knees cave inward, widen your stance slightly and focus on driving them forward.