

Functional Squat with Low Trap



Start Position

- Stand facing a leg of a table.
- Place a band around the table leg and around each hand.
- Take a deep breath in and fill the back of your chest with air as you round your back and slightly bend your knees.
- Blow out as you keep your back rounded.



Level Three

- After achieving the start position, squat down while keeping your back rounded and heels down.
- With your hips at the level of your knees, breathe in through your nose and fill the back of your chest with air. Blow out through your mouth as you pull your arms back and keep your back rounded.
- Continue to breathe in and out while pausing at the end of the exhalation phase. Keep your shoulder blades pulled back as you breathe in and out 3-4 times.



Level Four

- Repeat above with your hips below your knees.

**This is the most difficult position to perform this exercise in.*



Level Five

- Repeat above with your hips at the level of the top of your ankle.