



How many frog squats can you complete in 1 minute?

Equipment Needed:

- A chair or seat if you are performing this exercise in a seated position.



Rules:

Standing Position:

- Step 1: Start in a standing position, with your feet shoulder width apart and with your arms up over your head. Your wrists should be facing forward
- Step 2: Lower your arms down to the ground as you push your butt back, and hinge your back (keeping your chest facing forward), and then bend your knees until you can touch the ground and your thighs are parallel to ground
- Step 3: Lift your arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Modifications:

Seated Position:

- Step 1: Start in a seated position, with your feet shoulder width apart and with your arms up over your head. Your wrists should be facing forward.
- Step 2: Lower your arms down to the ground and hinge your back (keeping your chest facing forward) until you can touch the ground
- Step 3: Lift your arms and body back up and go back to neutral position, step 1.

*Continue for entire duration of exercise.

Standing Position:



Seated Position:

