

Exercise Corner

Squats – the Importance and Significance.

The squat is the simplest exercise that can be equally beneficial to a Shaolin Monk and an Arabian Sheikh.

It is a weight-bearing, multi joint, functional exercise involving the largest muscle groups.

It is safe to an ordinary citizen and effective for an Olympic Athlete making movement economical, efficient and exclusive.

More than 100 variations can be created, targeting both the Type I Slow Twitch, antigravity aerobic muscles and Type II Fast Twitch anaerobic muscles for strength and power.

It can be done with or without equipments.

The common misconception of mistaking squats for a sit up an abdominal exercise.

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