



ADVANCED TRAINING AND PERFORMANCE

Wall Squats



Exercise Description

1. Find a sturdy wall or door that opens towards you
2. Keeping your back against the sturdy surface, walk your feet away and squat down until your hips are even with your knees
3. Sets and reps
 - 3-4 times/week
 - 3-4 sets
 - 30-60 second holds

The Why

This should work on quadricep strength. The quads are used for running, jumping, kicking and agility motions.

