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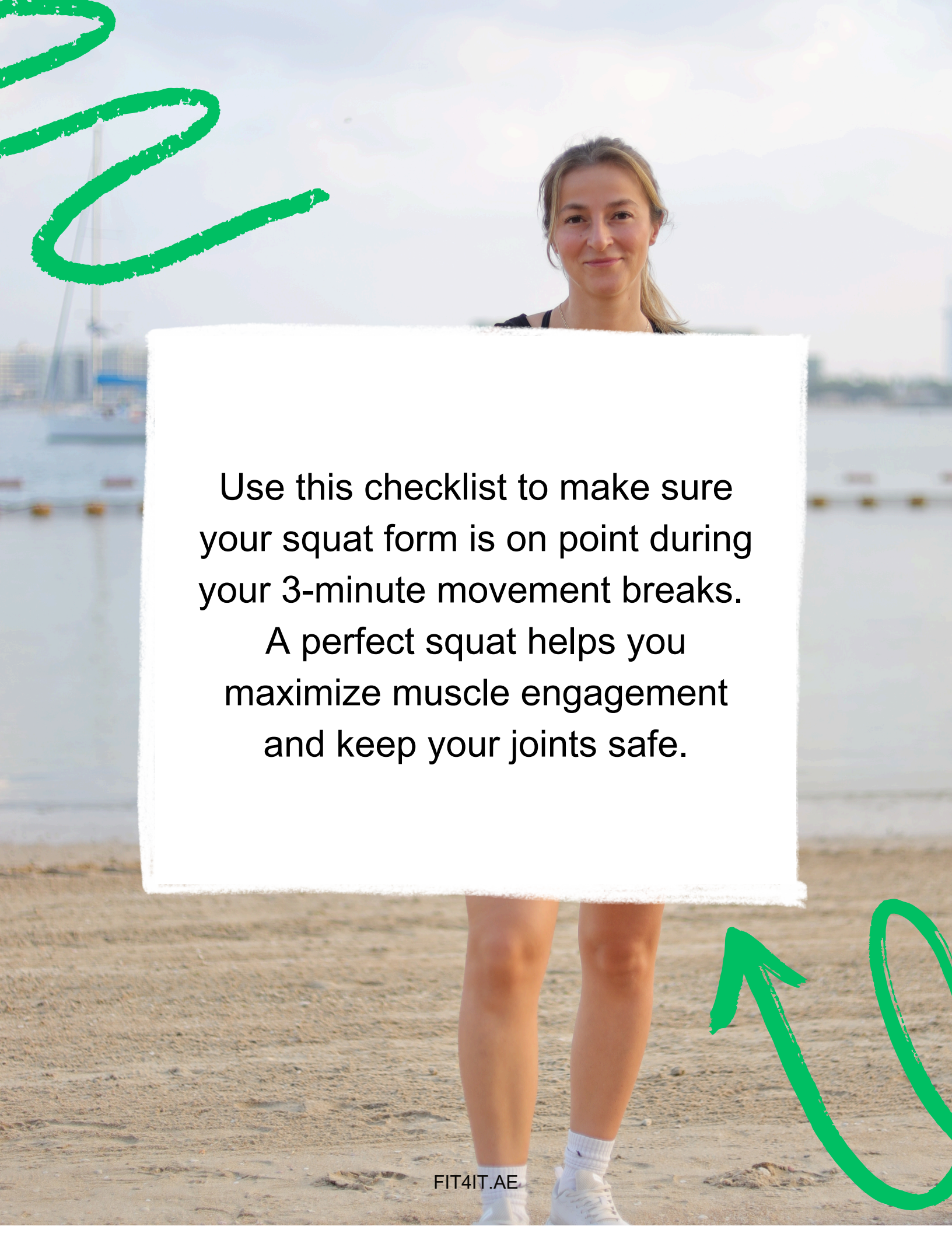
The Perfect Squat Checklist
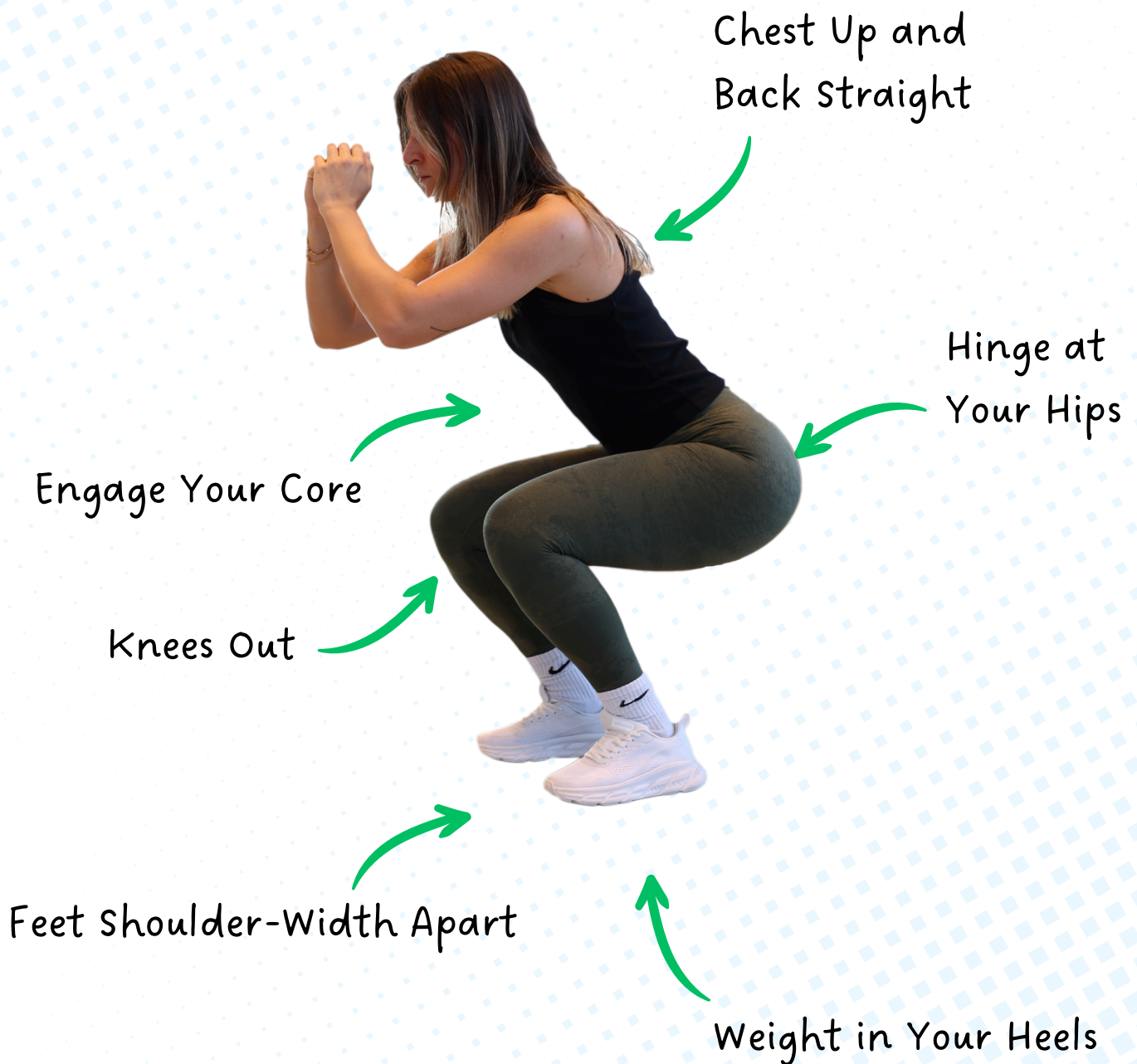
Use this checklist to make sure
your squat form is on point during
your 3-minute movement breaks.
A perfect squat helps you
maximize muscle engagement
and keep your joints safe.

Perfect Squat Blueprint

Chest Up and
Back Straight

Hinge at
Your Hips

Engage Your Core

Knees Out

Feet Shoulder-Width Apart

Weight in Your Heels

The Perfect Squat Checklist

☐ **Feet Shoulder-Width Apart**
Stand with your feet about shoulder-width apart. Point your toes slightly outward (about 15-30 degrees).

☐ **Weight in Your Heels**
Keep your weight distributed through your heels, not your toes. You should be able to wiggle your toes freely.

☐ **Engage Your Core**
Brace your core as if you're about to be lightly punched in the stomach. This keeps your spine stable and helps with balance.

☐ **Chest Up and Back Straight**
Keep your chest lifted and your back straight. Avoid rounding your back—pretend you're balancing a book on your head.

☐ **Hinge at Your Hips**
Start by pushing your hips back, like you're sitting in a chair. This helps you keep your knees in line with your toes.

☐ **Knees Out**
As you squat down, make sure your knees are tracking over your toes, not caving in. Imagine gently pushing them outward.

☐ **Lower to Parallel (or Below)**
Lower your body until your thighs are at least parallel to the ground. If you can go lower without compromising form, that's even better.

☐ **Keep Your Chest Up**
Make sure your chest stays up and doesn't dip forward as you descend.

☐ **Drive Through Your Heels to Stand**
Push through your heels to stand back up, straightening your legs and squeezing your glutes at the top.

☐ **Keep Breathing**
Inhale as you lower down, and exhale as you push up. Steady breathing keeps you relaxed and helps with control.

Tips For Success

Depth Matters
Aim to get your hips below your knees, but don't sacrifice form for depth.

Hands Out for Balance
You can keep your hands in front of you or clasped at your chest for better balance.

Mirror Check
If possible, practice squatting in front of a mirror to check your form.

These cues will help you get the most out of your squats during your movement breaks. Safe and effective form ensures you're maximizing muscle engagement and protecting your body from injury.