



John Ghobrial, M.D.  
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## Health & Fitness

# Move of the month

**NAME OF EXERCISE:** Wide Stance Squat

**DIFFICULTY LEVEL:** Intermediate

**EQUIPMENT:** Set of dumbbells that are appropriate for your fitness level

**BENEFIT:** This exercise works the muscle groups in the front and back upper thighs (quadriceps and hamstrings) as well as the gluts, lower back and calves.

**PROGRESSION:** Start off doing one set of eight to 12 reps without dumbbells or with a lighter set of weights than you use until you learn the form of the exercise. Gradually increase the weight and perform an additional set.

**DESCRIPTION OF THE MOVEMENT:**

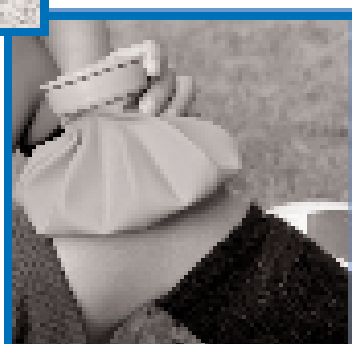
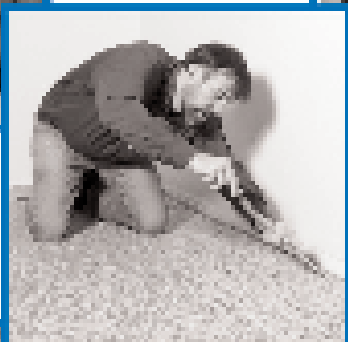
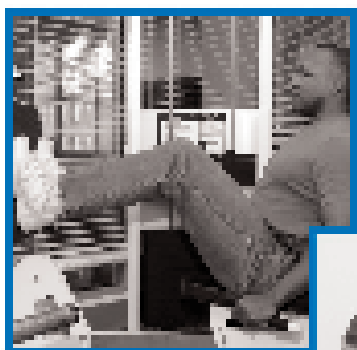
- Stand erect with your feet wider than shoulder-width apart, knees slightly bent and toes pointed outward.
- Allow the dumbbells to hang down at your sides (palms facing body).
- Keep your back straight and head up; bend forward slightly at the hips and begin to lower into a squat by bending the knees.
- Stop when your thighs are parallel to the floor.
- Slowly stand back up without locking the knees.
- Repeat this movement for desired number of repetitions.



**WAYNE'S TIP:** You should learn how to go down into the squat position low enough. The top of your thighs should be about parallel to the floor or slightly lower, in a well-executed squat. Higher than that, and you're losing some of the benefit to your quads."

*This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or visit www.ftfreehold.com.*

# Knee Pain?



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