

Exercise of the Month – Plié Squat



The plié squat strengthens the thighs, especially inner thighs, glutes and hamstring muscles of the upper leg. It also targets the calves. It's also good for increasing the range of motion of your hips. The exercise can be done for high reps using only your body weight or for 8-12 repetitions holding a dumbbell. Try it while holding/cradling your small child for some fun parent-child time.

Start: Stand upright with feet flat on the floor, greater than shoulder width apart and turned out slightly. Arms hang in front of the body holding dumbbell(s) between the legs.

Action: Keeping the torso upright, squat down by moving the hips back and down and bending the knees out to the sides. Keep your weight towards the back of your feet.

End: Return to upright position by pushing through the heels, and extending knees and hips. When upright elevate up onto your toes. Pause briefly before returning to the Start.