Squats

You know squats as the ultimate exercise for developing your lower body (hello, buns of steel!). Move on from your regular bodyweight-only squats and try these progressions to further develop your leg, glutes, and core strength!

**Goblet Squat**

Hold a weight vertically in front of your chest as you perform a regular squat. You can use a kettlebell or a big heavy dumbbell. The added weight creates a better workout for your core as well as more resistance during your squat.

**Sumo/Plié Squat**

Take a wider stance with your knees facing outwards. Make sure as you squat, your knees stay over your toes (don’t let them stray inwards!). This targets different muscles than the usual squat position, which is good if you’re looking for variety! 

*Tip: To really feel a burn, don’t come all the way up but instead hold the squat position and do small pulses in place.*

**Jump Squat**

Squat normally, and then once you hit the bottom, explode into a jump as high as you can and then land softly. This builds power in your leg and butt muscles. Unlike this picture, you’re allowed to use your arms (as long as it doesn’t compromise your posture)!

**Single Leg Squat**

To perform this squat, all your weight is balanced over one foot to develop increased strength and stability. Hold your other leg out straight in front of you as you bend your standing leg as far as you can without tipping. Do an equal number of reps for both legs!

**Barbell Squat**

This is the most advanced squat, and has to be done at the gym. The barbell can either be held in front of you or behind your neck. This squat is done with normal squat form, but the reason it is more advanced is because it allows you to add a lot of weight. Ask someone to help you or spot you, especially if it’s your first time trying!

Images: https://xfitmama.wordpress.com/category/crossfit/goblet-squat/
http://shakinamcneal.com/all-exercise-list/sumo-squat/
http://www.mensfitness.com/training/pro-tips/power-your-jump-squats-literally
http://www.stack.com/a/single-leg-squat