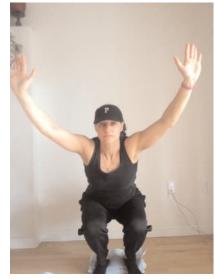
## **Deep Squat Exercises**

**Core Board Squat Reach** 



Core Board Deep Squat Progression



Perform 20 repetitions twice per day

http://www.youtube.com/watch?v=VnQj1P3sluM