

Can't Squat? This Single Exercise Will Change That!

Have you done any squats today?

Not gym squats, just life squats.

Where you fold your ankles, knees and hips to get down to the ground so you can, you know, do something.

I bet that if everyone who says 'No' to this gave me a dollar, I'd make some serious coin.

And that's a shame, because squats are a category of movement that your body requires if it's going to work at its best. Squatting is awesome because it helps keep your hips, knees and ankles in top working condition, gives your glutes and hamstrings a solid mini-workout, and nourishes your pelvic floor.

And squats are lost to most North Americans because we stopped squatting after the age of three and started sitting exclusively in chairs. After 10-50 years of this, our bodies just can't squat any more (even though they're champion sitters)!

Today I'm sharing an exercise I love to help ANYONE get more of the goodness of squats into their lives.

Why Can't YOUR Body Squat?

So there are a lot of mechanical reasons that squats might not work for your body.

Maybe you've got limited range of motion at your ankles (if you need to turn your feet way, way out to squat, then this could be an issue for you).

Or maybe your hamstrings won't allow it (do you round your lower back as soon as you start dropping to the floor)?

Perhaps your joints aren't up for deep flexion – if you feel pain in your knees or hips as you go deep, this might be you.

What if you have a pressure issue in your core? Sometimes this means that full squats are too much for your pelvic floor (if you have a prolapse, or feel heaviness or bearing down when you squat, this might be you).

And maybe you just HAVE NO TIME to squat. Because you have to work, and cook dinner, and get groceries, and check Facebook, and write Christmas cards and clean the house and MORE.

Those are just a few reasons your body and life may not get enough squatting-type movements.

The more you know your own limitations, the more you'll be able to work on them. So take a moment right now to consider what your particular barriers are. Then pay these areas extra attention as you move forward on your squatting journey.

When You Can't Do A Full Squat

