



COWBOY SQUAT



INTENSITY

- Hands by sides
- Hands on hips
- Hands rise as body squats (like riding a horse)

WHY?

- Developing strength in legs and stability of the knee joints

WHERE?

- Classroom
- Corridors
- School hall

WHEN?

- Beginning and end of lessons
- During lessons

WOW!

- Increase depth of the squat
- Increase duration of squatting
- Call out numbers in a sequence or letters to spell out a word each time you squat

Fold along line