

# Leg workout with Sam Rodman from Cornish Pirates RFC



## Body weight squat



### Explanation

Starting position	Performing the movement	Ascending out the squat
Place feet shoulder width apart or just wider, go with what's more comfortable.	Bend your knees, keeping them in line with your toes.	At the bottom of the squat, push back up through your heels.
Toes turned slightly out, keep your eyes looking forward and level.	Slowly drop your hips and sit back into the squat.	Exhaling on the way up, make sure your glutes (bottom) and hamstrings are tense and activate.
Inhale and brace your abdominal (tummy) muscles.	Keep your heels on the floor	Once back in the start position, repeat.

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel. Make sure you only progress when you feel able to do so. It is best to build up your strength slowly, ensuring you engage all muscles and remember to breath. Make sure you take 30 seconds rest between set.

**Beginners** – 5 Reps for 3 Sets  
**Intermediate** – 10 Reps for 3 Sets  
**Expert** – 20 Reps for 3 Sets

