Twitter Thread by Alex Bernier

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@mythoughtfood

Bodies fall apart when they lack the strength and mobility to hold a Deep Squat.

Your compromised frame attracts pain and injury.

I’ve met too many adults over the years who failed to hold the position.

Practice your Deep Squat to spare yourself from future torments.



Step 1 - Strengthen the back of your legs one side at a time

https://t.co/4NBPyzUSN4

This simple exercise changes people\u2019s hips and lower backs.

You have no idea how much energy you waste when your glutes and hamstrings are weak.

I\u2019ve assessed too many people who cramp after a few reps.

They can\u2019t lift their pelvis lying down, so imagine when they stand.

Fix pic.twitter.com/NMAJaMuuCU

— Alex Bernier (@mythoughtfood) November 27, 2021

Step 2 - Stretch both ends of your Hamstrings



