

## **Dumbbell Squats Exercise**

- 1. Stand with your feet shoulder width apart, toes facing forward. Grasp a dumbbell in each hand with your palms facing your body and your arms hanging by your side. Keep your back straight.
- 2. Bending your knees and maintaining a straight back, lower your bottom towards the floor until your knees are fully bent.
- 3. Press back up to the starting position and repeat.



