



# *1 Hour Seminar Class*

## The Squat, The Hip Hinge and Their Variations

[Class Location: The Active Living Center on the lower level of the Andover/North Andover YMCA](#)

**This Next Step Seminar following the Posture Class is on the lower body biomechanics of the Squat and Hip Hinge, which are the two main ways to bend down toward the ground.**

This is for individuals that have already taken the Posture Class. You will get more out of this class if you already understand Neutral Spine Posture and are working to apply it in your healthy lifestyle. The class runs intermittently throughout the year, For more information or to register please email Paul Discipio: [pdiscipio@mvyymca.org](mailto:pdiscipio@mvyymca.org)

**The Squat, and its variations** This exercise teaches how to bend down into the squat movement keeping your knees, back and hip joints safe. You will learn all the major muscle groups involved in this movement. You will learn to manipulate this exercise to your needs and goals. Details will cover how to stress each of the involved muscle groups at different percentages to strengthen one group more than another and why you would want or need to do this, based on your goals and needs of your lower body joints.

**The Hip Hinge (The Stiff Leg Deadlift) and its variations:** This exercise teaches how to bend down using mainly the hip joint, protecting your back and knees.

- The class will apply the information above to show how to pick up objects of various shape and weight around the home and yard.
- The class will also cover getting down to the floor and back up again safely.