

2-Step Squat Variation with Curl

Purpose: Integrated strength exercise for total body conditioning

Target Muscles: Upper thigh (quadriceps, glutes, and hamstrings) and upper arm (biceps)

Assisting Muscles: Inner/outer thigh, core, calf, and shoulders

Equipment Needed: Dumbbells

Start: Begin in a narrow stance, with feet slightly less than hip width apart. Body weight evenly distributed on both the right and left feet, holding dumbbells in each hand.

Narrow Squat: Slowly lower into squat, shifting your weight back into the hips to bring the knees to a 90-degree bend. Engage the core and shoulders to maintain a neutral spine. Avoid rounding the back. Arms stay extended down at your sides, the weights lower to mid-shin.

Stand & Curl: Push through your heels to raise up out of squat, simultaneously performing an arm curl. Once standing, the weights should be at shoulder level.

Step Out & Squat: Keeping the weights at shoulder height, step out to the right and perform another squat, this time in the wide stance (feet well beyond shoulder width). Rely on core muscles to help maintain good posture, with chest lifted and neutral spine.

Repeat: Step back in to the narrow stance and repeat the exercise, performing continuous 8-12 reps with the right foot stepping out. Rest 30 seconds and repeat with the left foot stepping out 8-12 reps.

Modification

For a slightly easier version of this exercise, take out the arm curl and perform just the narrow to wide squat, step out variation while holding the weights at your sides the entire time. You can also perform this exercise using no weight, holding the arms and hands at chest level throughout, and/or alternate stepping out with the right and left feet, instead of doing continuous reps to fatigue one side.

