

18 Impressive Reasons You Should Start Doing Squats

Squats are one exercise which should be part of everyone's workout routine – regardless of age, gender or fitness goals.



- ☐ Increase Entire Body Strength & Muscle
- ☐ Burn Fat
- ☐ Improve Circulation
- ☐ Get Rid of Cellulite
- ☐ Increase Flexibility & Prevent Injuries
- ☐ Enjoy Better Posture
- ☐ Build Core Strength
- ☐ Tone Your Abs, Legs and Butt
- ☐ A Low Impact Exercise
- ☐ Remove Bodily Waste
- ☐ Build Healthy Bones and Joints
- ☐ Maintain Mobility And Balance
- ☐ Make Daily Tasks Easier
- ☐ Better Libido For Men
- ☐ Run Like The Wind
- ☐ Jump Higher

☐ Squat For Free!

☐ You Can Squat Anywhere

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