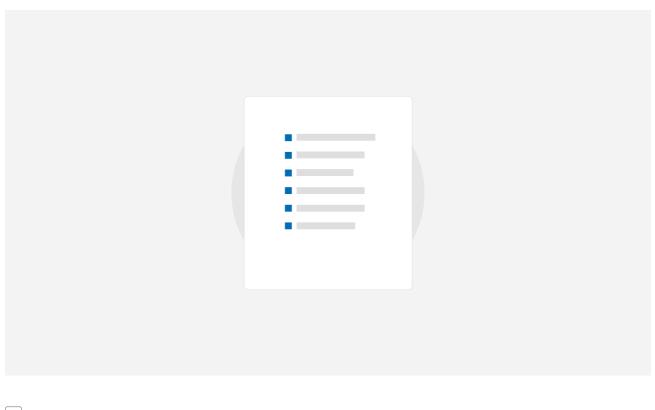
18 Impressive Reasons You Should Start Doing **Squats**

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



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Increase Entire Redu Strength & Musele			
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			

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