

## SQUATS

1. Objective of the squat:
  - a. The objective of the wall sit is to assess the strength and endurance of the muscles of the upper and lower legs.
2. Conducting the squat:
  - a. have the cadet stand with their feet shoulder width apart, back straight, and toes pointing slightly outwards;
  - b. the cadet's arms can be in any position, as long as they are not resting on their thighs;
  - c. have the cadet squat by pushing their hips back as if they were sitting in a chair, keeping their back straight
  - d. have the cadet lower themselves until their upper legs are parallel to the ground;
  - e. have the cadet straighten their knees and hips, standing to return to the upright position.
  - f. have the cadet repeat Steps b-d repeatedly at a cadence of one squat every three seconds (the Leger's 20-m Shuttle Run Test CD: Partial Curl-Ups Sit-Ups Cadence may be used) until a second form correction is made in a row (the first form correction does not count), or they can no longer continue; and
  - g. have the scorekeeper count how many times the cadet can complete a squat.



3. Scoring the squat:

- a. Scoring for the squats is based on the number of squats completed;
- b. the exercise will continue until a second form correction is made in a row (the first form correction does not count), or the cadet can no longer continue.
- c. Form corrections include:
  - (1) stopping to rest or not maintaining a rhythmic pace;
  - (2) the cadet's knees collapse inwards or extend beyond their knees;
  - (3) not squatting until their thigh is parallel with the ground; or
  - (4) not rising to a complete standing position after each squat;