



FRF Exercise- Prisoner Squats



Exercise overview: This is a great option to work the postural muscles of the shoulders and upper back and mobility of the lower body. This is a great option for an active warm-up and/or strength.

Muscle Groups Involved: Hips, lower body, upper back, shoulders, and neck

Coaching Tips: Start with your arms on the back of your head with your elbows out. It is very important to keep your abs tight throughout the entire motion. Draw the abs in and slowly descend towards the floor, bend at the hip and knee, like you are to sit in a chair. Go as low as you comfortably can, pause, push through your feet and return to starting position. Do not lean forward or let your knees swing in or out. Keep a slow, controlled pace. Repeat as directed. Repeat as directed by your [FRF workout](#) and your level of fitness. Perform each rep with control.

[Click here for a video demonstration of this exercise](#)



BENEFITS OF **Prisoner SQUATS**



- Works muscles of the upper back, shoulders, hips, and legs along with the lower body.
- Can improve lower body flexibility
- Promotes better posture and balance
- Functional fireground movement
- Can be used as a dynamic warm-up movement
- 10 reps as you begin your shift can improve mobility throughout the day.

