

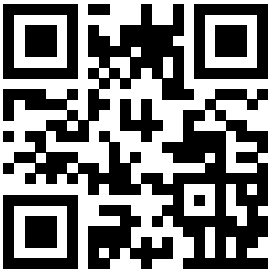
# HERE ARE THREE GREAT REASONS WE THINK EVERYONE SHOULD SQUAT ON A DAILY BASIS

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Contact: ftfitness

Phone:



<https://tinyurl.com/29g4yg6a>

Address: 6750 Iroquois Trail, Suite 12, Allentown, Pennsylvania, United States

Price: Check with seller

Description:

Squatting is one of the best exercises you can perform. From joint mobility to core activation to digestive help Personal Trainer Allentown PA, people were born to squat. Remember when you were a kid and you always played with your toys? Most of the time, it was in a squat. Parents did you ever notice that when your little one was able to stand on their own, they were also able to squat? Were wired to squat from birth, but as we get older and more sedentary, our ability to perform this simple action becomes challenging. Children have some of the best squat form in the world!

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