



TRIATHLON | SWIMMING | CYCLING | RUNNING | ST

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Body Weight Squats Vs Sumo Squats

Difference between Bodyweight Squats and Sumo Squats:

1. Stance:

Bodyweight Squats: Feet are shoulder-width apart, toes pointing slightly outward.

Sumo Squats: Feet are wider than shoulder-width, toes pointed more outward (around 45°).

2. Muscle Focus:

Bodyweight Squats: Primarily target quads, hamstrings, and glutes.

Sumo Squats: Emphasize inner thighs (adductors) and glutes more than regular squats.

3. Range of Motion:

Bodyweight Squats: Slightly deeper bend at the knees.

Sumo Squats: Due to the wide stance, you go lower with more hip opening.

4. Core Activation:

Both engage the core, but sumo squats often require more stability due to the wider base.

5. Flexibility Requirement:

Sumo Squats need more hip and inner thigh flexibility.

Body Weight Squats:

<https://youtu.be/m0GcZ24pK6k?si=Xi6wUpEH6RmxIvAM>

Sumo Squats:

<https://youtu.be/9ZuXKqRbT9k?si=5wG2FgVhrdiUVN0z>

Benefits of Squats:

1. Builds lower body strength (quads, hamstrings, glutes)
2. Improves core stability and balance
3. Boosts athletic performance
4. Enhances mobility and flexibility
5. Helps burn calories and build lean muscle
6. Strengthens joints and bones
7. Can be done anywhere – no equipment needed

BODY WEIGHT SQUATS VS SUMO SQUATS

	Bodyweight Squats	Sumo Squats
STANCE	Feet shoulder-width apart, slightly outward	Wider, more outward toes
MUSCLE FOCUS	Quads, hamstrings, glutes	Inner thighs & glutes
RANGE OF MOTION	Deeper bend at knees	Lower position with hip opening
FLEXIBILITY REQUIREMENT	Flexibility needed	Flexibility needed

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