

HEELCURVE HOCKEY

COSSACK SQUATS (BODYWEIGHT)

EXERCISE MECHANICS

WHAT IT IS

A lateral squat variation that builds lower body strength, mobility, and stability while improving hip flexibility, adductor strength, and movement control.

1 START

Stand tall with your feet wider than hip-width, toes slightly turned out. Shift your weight back and brace your core.



2 SIT BACK

Shift your weight to one side, sitting back into that hip. Keep the opposite leg straight with your foot flat and toes pointing up.



3 DRIVE UP

Push through your heel, driving your body up and back to the center position. Keep your chest up and core tight.



4 REPEAT

Shift to the other side and repeat for the desired repetitions or time.



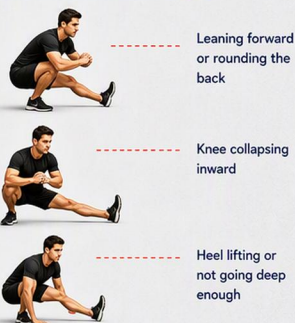
KEY POINTS

- Sit back into your hip and keep your chest up.
- Keep the working knee in line with your toes.
- Opposite leg stays straight with foot and toes up.
- Drive through your heel to stand.
- Control the tempo—no bouncing.
- Focus on quality reps, not quantity.

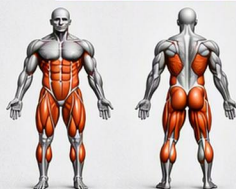
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Adductors (Inner Thighs)
- Glutes
- Quadriceps
- Hamstrings
- Calves
- Core

TRAINING TIPS

- Use as a mobility and strength builder, prehab exercise, or warm-up.
- Focus on depth, control, and full range of motion.
- Progress by adding load (goblet hold) or slowing the tempo.
- Include in lower body days or as part of your mobility routine.