

SQUAT

Meaning: SQUAT: to sit or crouch with one's knees bent and the body close to the ground, or a physical exercise involving bending the knees and lowering the body.

1. He decided to squat in the park to enjoy the warm afternoon sun.
2. The fitness instructor demonstrated how to perform a proper squat to avoid injury.
3. They found a group of people squatting in a vacant building, protesting for housing rights.
4. After a long hike, I had to squat down to tie my shoelaces on the trail.
5. The toddler tried to squat down to pick up a flower but lost her balance and fell.
6. The athlete demonstrated perfect form as he performed a deep squat during his training session.
7. After years of neglect, the old house now seemed to squat ominously at the end of the street.
8. She decided to squat in the empty warehouse until she could find a more permanent place to stay.
9. The trainer advised us to incorporate squats into our routine for better leg strength and stability.
10. With a frown on her face, she watched the dog squat on the lawn, leaving a mess behind.
11. She decided to squat down to tie her shoelaces.
12. The fitness instructor emphasized the importance of proper form when performing a squat.
13. After the storm, they found a family of ducks squatting in their backyard.
14. In many cities, it is common for artists to squat in abandoned buildings for creative projects.
15. The dog squatted on the grass to relieve itself during their walk.
16. She decided to squat down to get a better view of the tiny flowers blooming in the grass.
17. The gym instructor demonstrated how to properly squat to avoid injuries during the workout.
18. They found an abandoned building and decided to squat there until they could find a more permanent home.
19. After a long day at work, he enjoyed sitting on the floor and doing a few squats to relieve tension in his legs.
20. The children watched as the athletes performed squats during the fitness competition at the

park.

21. The athlete performed a perfect squat, demonstrating both strength and balance.
22. She decided to squat in the empty corner of the park to enjoy her book in peace.
23. The old warehouse was once bustling with activity but now stands deserted and squat.
24. He had to squat down to tie his shoelaces without losing his balance.
25. The coach emphasized the importance of proper form during squats to avoid injury.
26. She decided to squat down to tie her shoelaces instead of bending over.
27. The gym instructor demonstrated a proper squat technique to avoid injury.
28. They found a group of teenagers squatting in the abandoned building.
29. After a long hike, he had to squat on the ground to catch his breath.
30. The athlete incorporated squats into her training routine to build leg strength.

*Source: sentences.whatistheurl.com
<https://sentences.whatistheurl.com/sentence/squat>*