

squats (*squats*)

Definition

v. to crouch so as to sit on the heels with the knees bent and the weight resting on the balls of the feet to crouch or cower close to the ground

Example Sentence

Doing **squats** will tone your gluteus.

Synonyms

crouch; scrunch; scrunch up; hunker down

Antonyms

stand

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

vocabloco.com