

Pistol Squat

The single leg box squat is a progression with regards to the greater control of the torso to maintain balance and neutral spine, with the chest slightly leaning forwards. The hip movement does not change as it is still pushed back (distributing the weight over the heel). The movement is less stable as only one foot is in contact with the ground. Raise hands for balance and the outside leg remains straight (and down towards the floor if on a box).



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, soleus, adductor magnus,

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings, adductors, abductors, gluteus medius, gluteus minimus, gastrocnemius

Teaching Points

- Stand on a box or bench that is about knee height
- Flex your non-working leg ankle (so toes higher than heels)
- Balancing on a single foot, bend your left knee and slowly lower your body until your working leg thigh is parallel to the floor or heel touches the floor
- Keep the spine straight and core engaged, keep the hands held in-front of the body
- Pause and then push yourself up to the start
- If this is too hard and member cannot control descent, pause just above that point and hold. Look to increase the depth

Look out for: knees turning in / out, heels coming off the floor, unstable on one foot, losing spine and core engagement, shifting weight when push back up to the start

