



ELITE PERFORMANCE SERIES

Strength & Power Training



Single Leg Squat

Purpose:

- Strengthening exercise for the quads, gluts and hamstrings

Start/Finish Position:

- On a high box with one hand braced to help pull up the weight of the body in the extension phase
- One foot is hanging over the edge of the box
- One hand is holding onto the support

YES **NO**



Phase I:

- Lower body by simultaneously flexing at the hip, knee and ankle
- The leg is moved slightly back behind the hips
- Keep chest up and back straight as body is lowered



Phase II:

- At the bottom position push with lead leg from the box
- The rear leg is pulled up and driven upwards
- Finish in the high knee position



Variations:

- Bosu dome on high box
- Bosu flat-side on high box