Title: Bosu Ball Single Leg / Pistol Squats

Primary Muscle Groups: Hamstrings, Quadriceps

Secondary Muscle Groups: Abs, Calves

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a BOSU on the ground with the soft blue side facing up. Tighten your core and keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Carefully step on to the middle of the BOSU with the right foot. Once you are balanced, slowly extend the left leg in front of you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend at the right knee as you drive your hips back. Lower yourself and do not allow your hips to break parallel with the ground. Pause and return to the starting position. Complete your set and repeat on the other leg.</span></li>

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