Title: Pistol / Single-Leg Extended Arm Squats

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li>Stand straight with your feet hip width apart, arms fully extended and your hands by your sides.</li>

<li>Raise your left foot from the floor, extending your leg out in front of you.</li>

<li>As you do so, raise both arms out in front of you in a smooth arc for balance. This is the start position.</li>

<li>In a controlled movement, lower your body toward the floor by bending your right knee while pushing your hips back as if sitting down in a chair.</li>

<li>Continue this downward movement until your right thigh is parallel to the floor.</li>

<li>Hold for a count of one.</li>

<li>Return to the start position by pushing down through your right heel and straightening your leg. Lower your arms to the start position as you do so.</li>

<li>Repeat.</li>

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