Title: Single Leg Bench Bodyweight Squats

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

Secondary Muscle Groups: Abs, Lower Back

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by sitting on a bench or chair and elevate one leg while keeping the other foot, grounded and steady, on the floor.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your arms straight out in front of you, and lean slightly forward to transfer your body weight onto your grounded foot.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using a combination of glute, quadricep, and hamstring strength, lift your body up to standing position. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand strong, briefly, before lowering yourself steadily back to the seated position.</span></li>

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