Title: TRX Pistol / Single Leg Squats

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Set the handles so that they hang at about chest height. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Take grip of the handles and use them as balance as you lift one leg off the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With your grounded leg, bend at the knee and allow your body to lower itself steadily downwards, keep your elevated leg straight out in front as you do so. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the grounded leg is at its full bend, drive your foot into the floor and use your glutes to push your body back upwards. You shouldn’t pull on the TRX, only use it for stability. </span></li>

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