



Single Leg Squat

[right leg]

In the front, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

- Setup (how to get into position)
 - Start on the front platform facing forward, then turn to the left
 - Move your right foot all the way forward to the edge of the platform
 - Your left toes are diagonally back on the moving carriage with your heel raised
 - Your left leg stays straight with a slight bend in the knee the entire time
- Execution (how to perform the exercise)
 - Inhale as you send your hips back and feel your hamstring stretch before bending the knee to lower down to the starting position
 - Exhale as you push through your right foot into the front platform to come up
- DO NOT
 - DO NOT allow the carriage to pull you out towards the back platform as you come down
 - DO NOT collapse the knee inwards towards the midline or belly button
 - DO NOT let the knee go forward past the toes
- Challenge(s)
 - Holds and pulses
 - Meet halfway down
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)