

# Exercise of the Month

September, 2017

## TRX Single Leg Squat

**Purpose:** Increase muscular strength and stability

**Target Muscles:** Quadriceps

**Assisting Muscles:** Glutes, Hamstrings, Hip Flexors

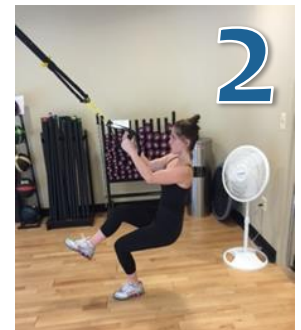
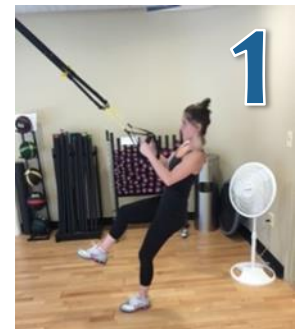
**Equipment Needed:** TRX Suspension Trainers

**Start:** Grab the handles with your palms facing towards each other and elbows bent. Raise your right leg off the ground and extended in front.

**Movement Phase 1:** Push your hips back and lower into a squat with only your left leg and allow the arms to extend. Use the TRX straps for support as needed.

**Movement Phase 2:** At the bottom of the movement, push through your left heel slowly returning to the start position. Use the TRX straps for assistance as needed.

**Repeat:** Complete 8-10 repetitions on each leg. When performing repetitions, be sure to use the handles as little as possible to maintain this leg dominant exercise.



### Modification

**Beginner:** Perform a regular squat with feet shoulder-width apart. Face your palms toward each other and elbows bent. Push the hips back and lower down into a squat allowing your arms to straighten. Drive equally through both heels to return to start position. Do not pull on the handles.



From Corporate Fitness Works Team Leader, Leanne Bishop

Corporate Fitness Works, Inc.