

## Single Leg Chair Squat

**Purpose:** Strengthen upper thigh and develop balance

**Target Muscles:** Upper thigh (quadriceps, hamstrings, & glutes)

**Assisting Muscles:** Lower leg (calf), and abdominal core

**Equipment Needed:** Chair or platform

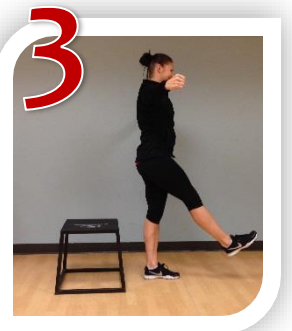
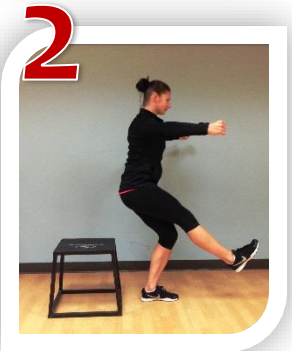
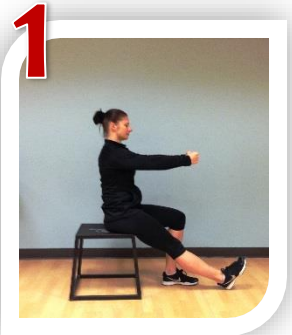
**Start:** Begin seated. Scoot the hips toward the front edge of a stationary chair or solid platform that is chair height. Extend the left heel and both arms out in front of the body. The right foot has full contact with the floor and the right knee forms a 90-degree bend with the hip and thigh. Sit tall with good posture.

**Movement:** Press your body weight down into the heel of the right foot as you push your hips up out of the chair and into standing position. Try and keep your weight balanced over the heel to avoid rolling up to the toes. Your left heel remains raised off of the floor. Engage the core to help lift and balance the body without rocking or swaying the torso.

**Stand:** As you continue to rise up from the chair, open the arms out to your sides. Left heel is still elevated off of the floor and core is working to maintain posture and balance.

**Return to Seat:** After pausing in the stand position for 1 second, slowly shift the hips back, bending the right knee to bring yourself back into the chair. Use the muscles of the thigh to practice a slow and controlled sit. Try to keep the left heel elevated the entire time.

**Repeat** the movement 8-12 times. Then switch and perform on the left foot. This body weight exercise is great for at home or travel workouts where equipment is limited.



## Modification

There are a couple of ways to modify this exercise. 1) Perform all movements as described above, but keep the hands at your sides. You can use the hands to help push out of the seat position. 2) Keep one heel resting on the floor at all times. This will lessen the balance and intensity of supporting all your weight on one leg.

