

## **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.









