

One Legged Squat



- Stand next to a sturdy chair, counter, or other object, with your feet together.
- Pick one foot off the ground, extending it either in front of you or behind you.
- Holding on to the sturdy object, but without relying on it for support, bend your knee and your hips as you lower yourself toward the floor.
- Your body will bend forward as your hips move backward, your knee should remain directly above your foot; don't let your knee go past your toes.
- Tighten your hips/glutes and straighten your leg as you return to the start position.
- It doesn't take a full range of motion to get benefit from this exercise, only go as far as you can maintain proper knee position. Do not go below a 90 degree angle at the knee.
- Don't slump your shoulders; do keep your back flat and your eyes forward.
- This exercise focuses on the thighs, but in particular the hips. Be careful not to let your hips slide off to the side during the motion.
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions, but only do as many as you can without losing proper form. Repeat on the other leg.

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have

physical discomfort, you should stop immediately and consult a physician.
