

# One Legged Squat Form

**Types (progression):** Supported Partial Single Leg Squat (SLS), Supported SLS to parallel, Supported SLS just below parallel, Unsupported SLS partial to parallel. I only suggest deep SLS for advanced exercises and athletes. I only suggest pistol squats to the elite exerciser rarely. The use of a box or bench is helpful when doing an Unsupported SLS. You can do this exercise with unsupported leg in front or back.

**Form:** See Details below, but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine (bracing). Initially hold onto something. Sit back (hinge at the hips) with support leg as you hinge at the hip keep back straight, but lean forward. All weight should be centered mid-foot to heel. Keep knee lined up over second toe (see picture). Work to being able to go deeply, but do not go below parallel unless highly conditioned. You should feel all effort in glutes and quads and not in the knees. You can do this with leg non-support leg in front or behind.

**Single leg squats have gained popularity over the last decade. It helps strengthen the glutes, quads, and core as well as develops balance. It is also a primary motion (primary motions). As with other primary motions performing them may help reduce muscle imbalances.** I consider a deep single leg squats a very advanced exercise. That being said everyone can do a form of single leg squats. I highly recommend the supported deep squat. They can be done anywhere and don't require any equipment. They can be done often, even everyday. I would recommend performing them at least 3 x a week for 1 to 3 sets of 10-15 repetitions. There is no excuse. It only takes minutes to do.

**Did you know:** A study found that the traditional split squat (stationary lunge) be used for quadricep activation in rehabilitation/training settings, while the single leg squat variation should be prescribed for greater gluteal muscle activation. Single-leg squat (SLS) is also functional test (strength and balance) visually rated by clinicians for assessing lower limb function as a preventive injury strategy (see study). Another study found athletes who added single-leg squats to their regimens gained just as much strength and speed compared with athletes who added barbell back squats. But the single-leg variation the authors suggest also carries the benefit of mimicking real movements, so you're training your body more directly for your sport.

