

# SINGLE LEG BALANCE SQUAT

## BALL EXERCISES

### START



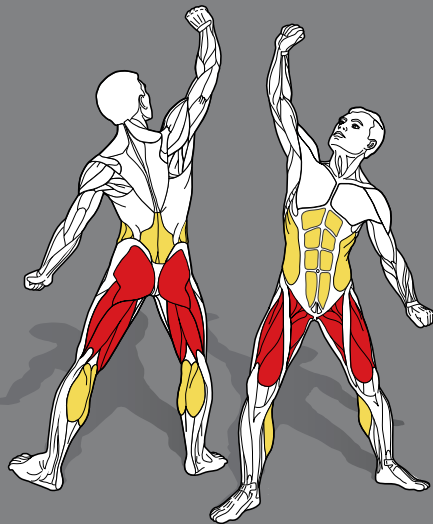
- Low-pulley position
- Hands in palms-up position at shoulder
- Rest extended leg on ball

### FINISH



- Squat with leg on floor while keeping opposite leg extended on ball

### MUSCLES USED



- PRIMARY MUSCLE GROUPS
- SECONDARY MUSCLE GROUPS
- STABILIZING MUSCLE GROUPS

### RECORD

	USER 1	USER 2	USER 3
PULLEYS			
PLATE #			
SETS			
REPS			

LOWER BODY