

Pistols: Knee Position Training



Pistol squats for knee position training should be performed on a small exercise box or raised surface.

1. Begin by standing on one foot with the other foot positioned slightly out in front of box.
2. Lower yourself down until the heel of your foot touches the ground making sure to maintain a knee position outside the 4th or 5th toe.
3. Be mindful of your centerline. Try to keep the hips level and your body from leaning one way or the other.
4. Repeat for given number of repetitions.

Work your way through the positions indicated below.



Duration/Sets:

Repetitions:

Frequency: