

1 Leg Disco Squat



Notes / Coaching Points

Start by balancing on the right leg while holding up the left hand to the sky. Squat down keeping the knee in line with the toes while bringing the left hand across the body and to touch the outside of the right ankle. Return to the starting position and perform all reps on one side before switching legs. This is a single leg balance/strengthening exercise that forces the body to stabilize in the transverse and rotational plane while producing power in the sagittal plane.

Description
