

SUNDRIED

TRX Pistol Squat Jumps

Benefits of the TRX pistol squat jump

Leg Strength

The pistol squat places your entire body weight onto one leg and can therefore be quite challenging on your leg strength. In addition because the pistol squat is single leg, you will often find that you can complete a rep on one leg and not the other. Pistol squats help to develop equal leg strength by isolating the legs individually. Naturally, when you work both legs together your strongest leg will do most of the work for you, without you even thinking about it.

Plyometric

Plyometric training really just boils down to jumping. Adding explosive power to your workouts works your anaerobic energy system, increases your heart rate (burning more calories) and increases your explosive power, great for athletes who partake in short duration sports such as athletic sports like the high jump or even sprints.

Flexibility

The range of motion required for a pistol squat requires exceptional flexibility of the hamstrings, hip flexors and knee and ankle joints.

Balance

Working on your pistol squat will develop your balance, essential for preventing injuries and beneficial into later life, as well as for your current performance.

Increase stability

Working with a single leg can help to improve your stabilizing muscles which support your spine, reducing back pain and aiding poor posture.

How to TRX pistol squat jump

Take both handles in your hands facing the anchor point.

Take one leg straight in front of you.

Bend the supporting leg and sink down into a squat, keeping your heel firmly on the floor.

As you drive up, explode off your supporting leg and jump upwards, then land on the alternate leg.

Repeat for each leg, alternating with every jump.

Visit www.sundried.com for more TRX workouts

