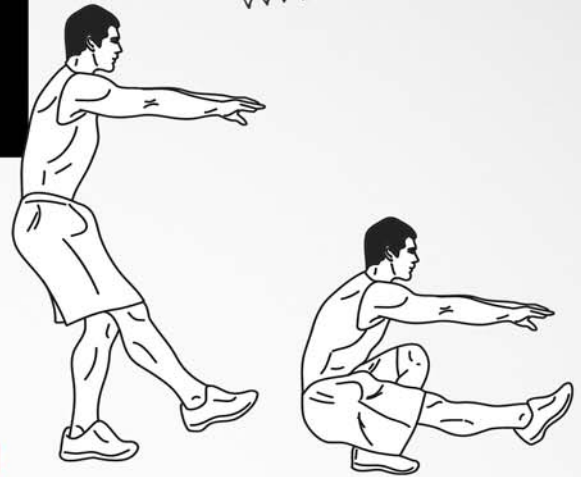


# PISTOL SQUAT PREP

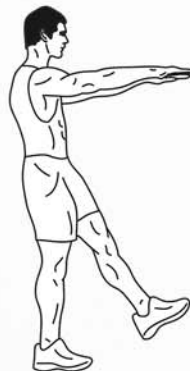
*attempt  
when ready*



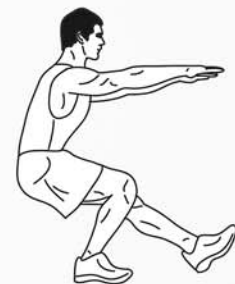
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**10 squats x 3 sets**  
60sec rest between sets



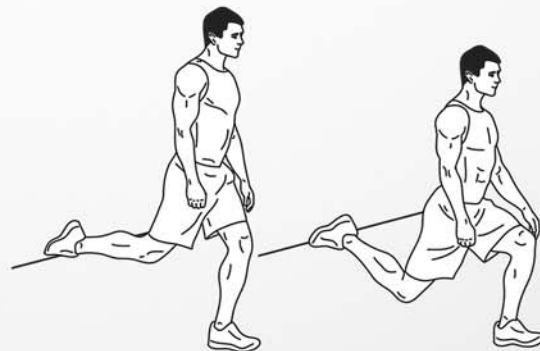
**30 seconds  
balance hold**  
each leg



**30 seconds  
balance half squat hold**  
each leg



**10 side-to-side lunges x 3 sets**  
60sec rest between sets



**10 split squats x 3 sets**  
60sec rest between sets