

ERB Isometric Pistol Squat Test Instructions

STEP 1:

Start by standing on one leg, with the toes pointed forward.

It is important to make sure that the knee is bent in the same direction as the toes, so that the knee itself tracks over the second toe (next to the big toe). This will help to decrease shearing forces on the knee.

STEP 2:

With the front leg flexed and the foot pointed in front of you, take a big abdominal breath, engage the abdominals and glutes to prime the movement.

It may be helpful to also reach both hands straight in front of you, to add a counterbalance to the bodyweight.

STEP 3:

With the weight distributed in the foot that is on the ground, slowly sit down into a roughly 120° angle at the knee, making sure that the torso has a slight forward lean (similar to the back squat).

If the heel starts to raise upwards off the floor, this may indicate the hips are not tracking backward enough or general lack of ankle mobility. It is highly recommended to address such mobility issues until you can perform these correctly. Lifting the heel in the pistol squat can result in excessive strain on the ankle joint, ligament, and tendons, especially under fatigue and harsh volumes.

STEP 4:

Hold this position for as long as you can, if balance is an issue use a chair or wall to assist with balance but do not use it to ease the movement.

Big deep breaths will help with balance and keeping glute and abdominal engagement.

STEP 5:

Stop test when shaking becomes unbearable or you cannot hold stable movement without assistance.

Rest for 2-3 minutes before performing on other leg

STEP 6:

Take time for both legs and average them to get test time.

