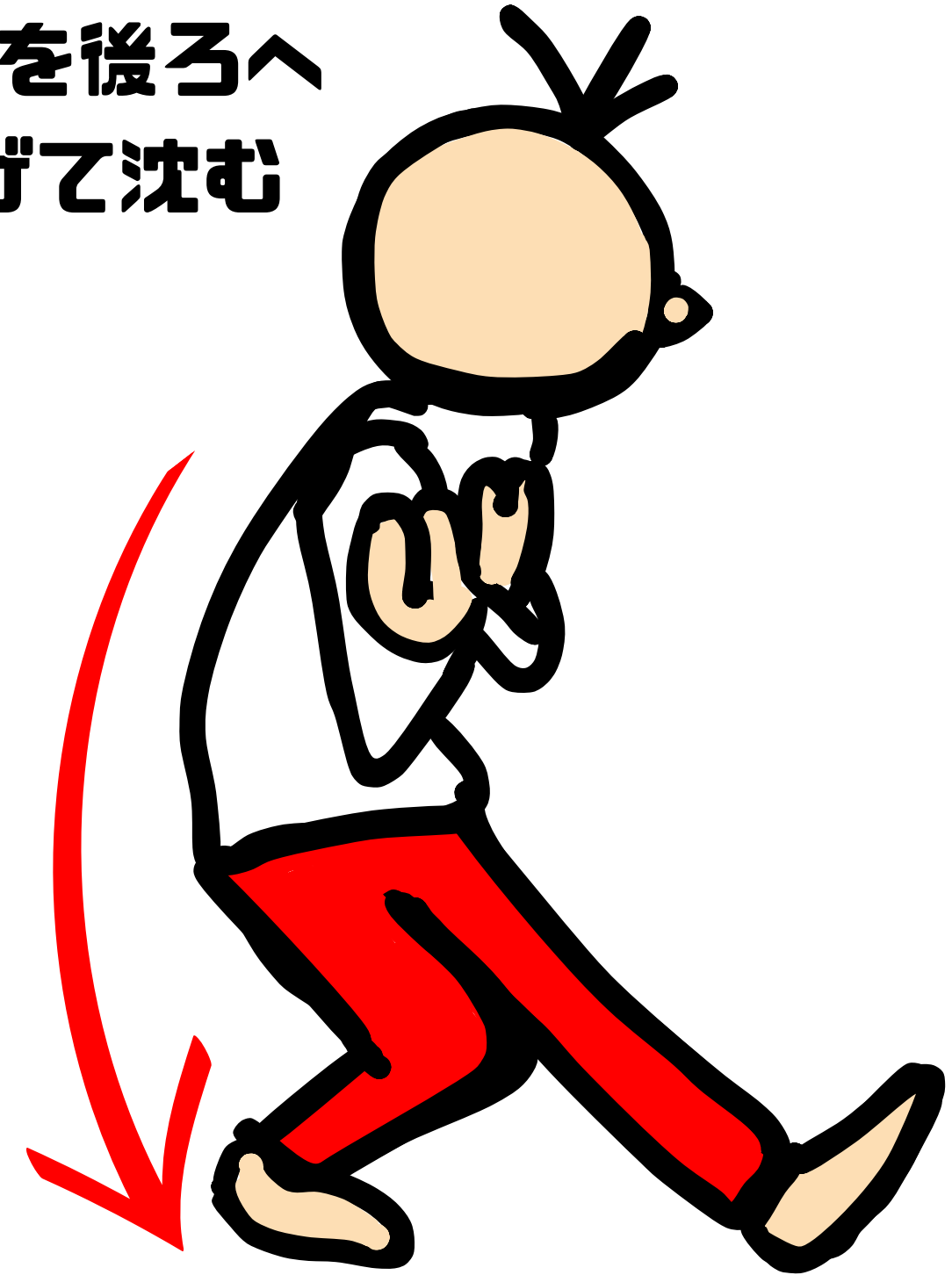
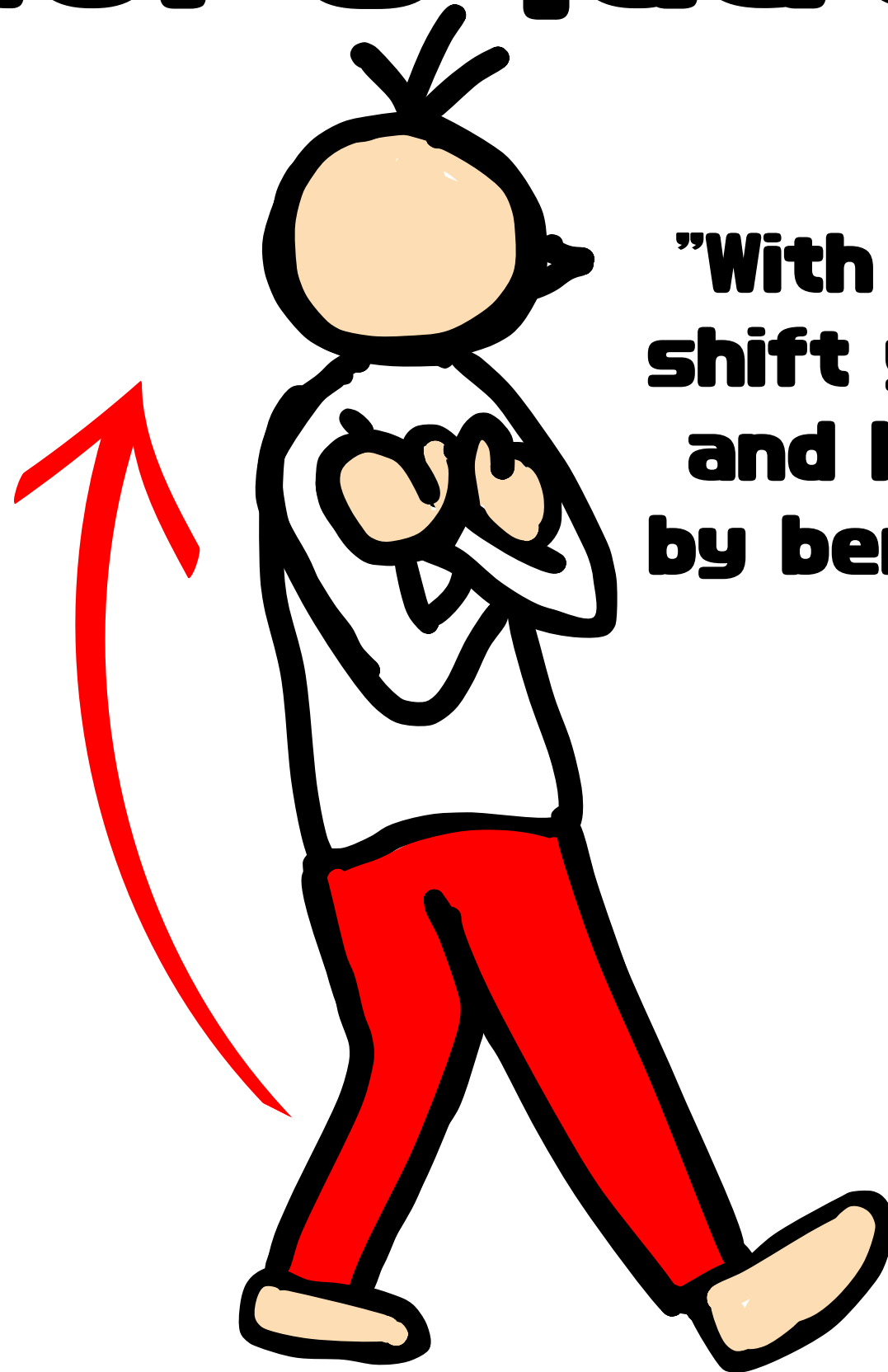


片脚スクワット

脚を前に出し、重心を後ろへ
ゆっくりと膝を曲げて沈む



Pistol Squat



**"With one leg forward,
shift your weight back
and lower your body
by bending your knees
slowly."**

