
Level Five: Bulgarian Split Squat (dumbbell)

The Bulgarian split squat is a progression from the split squat as there is more emphasis on one leg, this increases the demands on stability, keeping the core and thoracic engaged throughout. Make sure the front knee does not go past the toes, drop straight down with the supported knee directly below the hips / shoulders.



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius.

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings, adductors, abductors.

Teaching Points

- Start holding dumbbells in each hand, about three feet in front of a bench
- The lace of your foot should be on the bench behind you
- Keeping your core engaged, straight spine, slowly lower down until the front thigh is parallel and back knee just off the floor
- The hips should drop straight down and slightly back
- Push yourself up off the front foot back to the start position

Be aware of: knees turning in / out, heels coming off the floor, leaning forwards at the hips, not dropping straight down, knee moving in front of the toes, back foot directly in line with the front foot, unstable when pushing up through one foot compared the other, stride to far forwards, stride forwards not big enough.



Level Six: Bulgarian Split Squat (barbell)

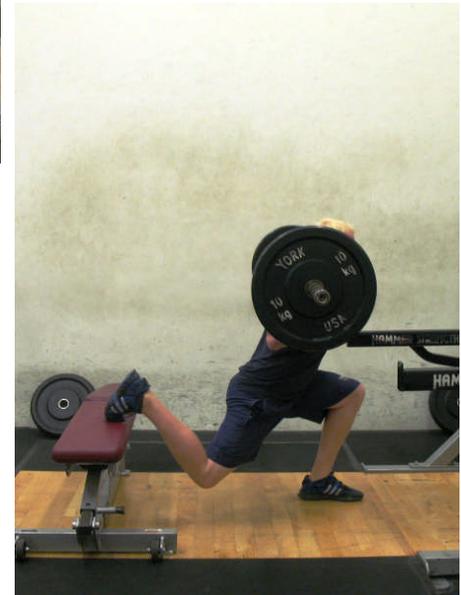
The Bulgarian split squat with a barbell progresses from the dumbbell split squat as the thoracic and core have to stay strong to prevent flexion forwards, the weight is out to the side which will challenge your balance. Any discrepancies where you do not drop straight down with shoulders and hips straight are likely to be highlighted.



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius.

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings, adductors, abductors.



Teaching Points

- Start with the barbell resting across the trapezius, posterior deltoids (not the neck)
- The lace of your foot should be on the bench behind you
- Keeping your core engaged, straight spine, slowly lower down until the front thigh is parallel and back knee just off the floor
- The hips should drop straight down and slightly back
- Push yourself up off the front foot back to the start position

Be aware of: knees turning in / out, heels coming off the floor, leaning forwards at the hips, not dropping straight down, knee moving in front of the toes, back foot directly in line with the front foot, unstable when pushing up through one foot compared to the other, stride to far forwards.

Level Seven: Dynamic Lunges (clock)

The dynamic lunge will put more stress through the knee joint as you are now stepping into and out of position. Keep the core engaged throughout. Make sure the knee does not turn in or out and you can push off from the floor back to the start without taking a small step / shuffle to get back to the start.

The lunge movement can be split into accelerative and declarative movements. Walking Lunges, reverse lunge and slide board lunges are accelerative. Conventional lunges, lateral lunges and multi-planar lunges are declarative.

Teaching Points

- Stand with feet together
- Take a stride forwards and then slowly lower your body directly down to the floor
- Dropping the working leg the thigh should be parallel to the floor and the bent knee of the back leg directly below the hip
- The core should stay engaged and straight spine throughout (avoid leaning forwards)
- Push back to the start position, in one movement, repeat on the opposite leg
- The front knee should not go past your toes



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, soleus, adductor magnus.

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings, adductors, abductors, gluteus medius, gluteus minimus, gastrocnemius.

Be aware of: knees turning in / out, heels coming off the floor, leaning forwards at the hips, not dropping straight down, knee moving in front of the toes, back foot directly in line with the front foot, unstable when pushing up through one foot compared the other, stride to far forwards.



Level Eight: Pistol Squat / Box Squat

The pistol / single leg box squat is a progression with regards to the greater control of the torso to maintain balance and neutral spine, with the chest slightly leaning forwards. The hip movement does not change as it is still pushed back (distributing the weight over the heel). The movement is less stable as only one foot is in contact with the ground. Raise hands for balance and the outside leg remains straight.



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, soleus, adductor magnus.

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings, adductors, abductors, gluteus medius, gluteus minimus, gastrocnemius.

Teaching Points

- Stand on a box or bench that is about knee height
- Flex your non-working leg ankle (so toes higher than heels)
- Balancing on a single foot, bend your left knee and slowly lower your body until your working leg thigh is parallel to the floor or heel touches the floor
- Keep the spine straight and core engaged, keep the hands held in-front of the body
- Pause and then push yourself up to the start
- If this is too hard and member cannot control descent, pause just above that point and hold. Look to increase the depth

Be aware of: knees turning in / out, heels coming off the floor, unstable on one foot, losing spine and core engagement, shifting weight when push back up to the start.

