
Split Squat

The split squat is a stable exercise where the member takes up the position in the picture and just moves up and down (dropping the hips directly down to the floor). During this exercise we are looking for range of movement, the back knee should be just above the floor, directly below the shoulders and hips. Look for movement of the knee turning in or out and loss of balance due to ankle rotation (front and back foot).



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius

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

Teaching Points

- Start from standing position, hands behind the head, take a stride forwards and slightly out to the side
- Keeping the back straight, drop the hips directly down to the floor
- The front knee should not go past your toes
- Pause when the back knee is just above the floor
- Push up off the front foot to split stance at the start
- Repeat desired number of repetitions
- Keep head facing forwards

Look out for: 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

