

## Goblet Split Squat

Due to holding a dumbbell below the chin there is an increase in stimulus. This requires greater thoracic and core control to stay in an upright position (prevent flexion forwards). Look for movement of the knee turning in or out and loss of balance due to ankle rotation (front and back foot). If this occurs start with a really light weight, if still unstable with a light weight drop back to the Split Squat (hands behind the head) as they are still not ready for this stage.



### Target Muscles

**Primary Muscles:** gluteus maximus, quadriceps, gastrocnemius

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

### Teaching Points

- Start from standing position, with a dumbbell held just below the chin at chest height, take a stride forwards and slightly out to the side
- Keeping the back straight, avoid flexing the thoracic region, 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 back to a split stance at the start
- Repeat desired number of repetitions

**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

