

Barbell Split Squat (between legs)

Placing the barbell between the legs takes the emphasis away from the core, thoracic and lumbar region. This allows the exerciser to feel more comfortable in the Split Squat position. The limiting factor will be dependent on grip strength.

Balance needs to be monitored as the members movement may not be directly down. The client may move left or right (slight rotation at the pelvis / hips).

Teaching Points

- Set the barbell up with the appropriate weight and leave on the floor
- From a standing position take a stride forwards and slightly out to the side, over the top of the barbell
- 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, the back leg knee should be vertically aligned with the hips and shoulders
- Take hold of the barbell with an overhand grip, wider than hip width
- Push up off the front foot, extending the knee and hips, back to a split stance, the bar travels directly up between the legs
- Repeat desired number of repetitions on one leg before switching



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius

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

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

