
Barbell Split Squat (shoulders)

Placing the barbell across the anterior deltoids, this increases the workload on the core, thoracic and lumbar spine to keep the spine in a straight position. 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).



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius

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

Teaching Points

- Start from standing position, with the barbell resting on the anterior deltoid lift the bar out the rack and take a couple of steps backwards
- From a standing position 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

