

Bulgarian Split Squat (dumbbell)

The Bulgarian split squat is a progression from the split squat as there is more emphasis on one leg, this increase 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.

Teaching Points

- Start holding dumbbells in each hand, 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 the 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



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius,

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

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, unstable when pushing up through one foot compared the other, stride to far forwards, stride forwards not big enough.

