

Bulgarian Split Squat (barbell)

The Bulgarian split squat with a barbell progresses from the dumbbell split squat as the thoracic and core have to stay strong to prevent flexion forwards, the weight is out to the side which will challenge the members balance. Any discrepancies where the member does not drop straight down with shoulders and hips straight are likely to be highlighted.

Teaching Points

- Start with the barbell resting across the trapezius, posterior deltoids (not the neck)
- 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 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



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 too far forwards, stride forwards not big enough

Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius,

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

