



Split Squat

Starting position:

Stand staggered with one foot out in front of you. Be on your toe on the back leg with most of your weight on the front leg. Keep good back posture with core tight.

Movement:

Bend both knees to lower back knee straight toward the ground. Be sure not to let front knee go forward past your toes or waiver inward or outward. At the bottom, push through front heel to return to starting position. Also be sure to keep back straight at all times.

Perform ____ Reps ____ Sets ____ X/day