

DB SPLIT SQUAT TO BICEP CURL

START



- Position yourself in a staggered stance
- Hold desirable DB weight in each hand
- Rear foot on toes and front foot forward
- Knees should be slightly bent
- Upper body stays upright and aligned with abs contracted
- Look forward

MIDDLE



- Without moving your feet lower down by flexing your back knee towards the floor
- Do not touch the floor
- Keep front knee in line with your front foot
- At the bottom of the movement drive through the front heel to lift yourself back up
- Begin to curl the DB up towards your shoulders

END



- Squeeze your biceps
- Keep your shoulders rolled back
- Elbows should stay close to the body
- Return to starting position
- Repeat the sequence according to your workout schedule
- Perform the same movement on the other leg

MUSCLES TARGETED

QUADRICEPS, GLUTES, HAMSTRINGS & BICEPS

- Split squats work the thigh muscles, glutes and biceps
- The target muscles are the quads with the glutes working to assist
- The hamstring and glutes act as stabilisers
- Strengthening the glute and upper leg muscles provides additional support for the back

NOTE

This exercise will help to tone the whole body. It increases lower body and arm strength whilst improving stability and balance.