

## SPLIT SQUATS BEGINNERS

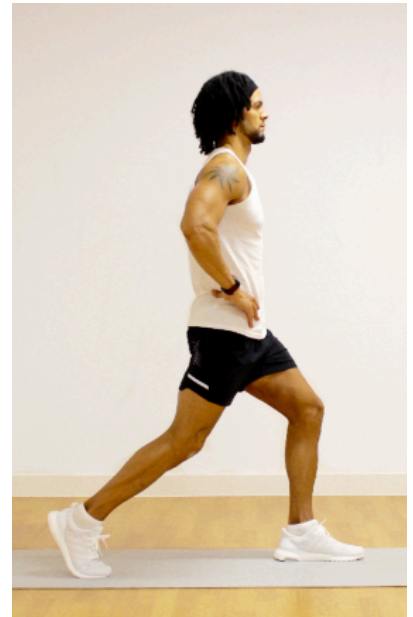
START



MIDDLE



END



- Position yourself in a staggered stance with hands on hips
- Rear foot on toes and front foot forward
- Knees should be slightly bent
- Upper body stays upright and aligned with abs contracted
- Look forward
- 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
- Return to starting position
- Repeat the sequence according to your workout schedule
- Perform the same movement on the other leg

### MUSCLES TARGETED

#### QUADRICEPS, GLUTES AND HAMSTRINGS

- Split squats work the thigh muscles as well as the glutes
- 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

*The longer your lunge, the more your glutes are worked. If you use a shorter lunge, the quadriceps are worked more.*