

Split Squat

Start: Stand with feet shoulder width apart, head in a neutral head position, with chest up and out. Assume a staggered stance keeping the majority of the weight on the front leg.

Action: Lower your body by flexing the hips and knees until the front leg is parallel to the ground while keeping the head neutral and chest up and out.

Finish: Return to the starting position by pushing the heel of your front foot into the ground and extending the knees and hips, while maintaining the integrity of the torso (head neutral, chest up out).

