

EXERCISE

Bulgarian Split Squat

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is the Bulgarian Split Squat, the lower body exercise, primarily working the quads and the glutes.

Once the client is seated in position on the bench, you're going to get them to take one leg forward and then from there stand up placing their weight into that leg.

Once they're in this position, they're going to place their rear leg back on top of the bench. Give them a chance to get themselves stable. You might need to help them in this position. Hands then relax down by their sides. Chest and shoulders nice and tall.

Once they're there, they're going to soften through the knee, moving out over the toe as they move straight down, brief pause at the bottom and then driving into the leg that's in front of them back to the start position.

So Dom, if you can keep going.

It's important to make sure that you come round in position, particularly looking from a front-on view so that we can make sure that the knee is tracking over the toes effectively.

Just do one more for me, Dom, and that as you're coming down, it's a nice, smooth descent. Brief pause at the bottom so that you have that stability and then nice and controlled as you come up to the top.

Excellent. Thank you, Dom.

Main Muscles Involved

- Quadriceps
- Glutes
- Adductors
- Hamstrings
- Calves
- Core
- Lats
- Shoulders

