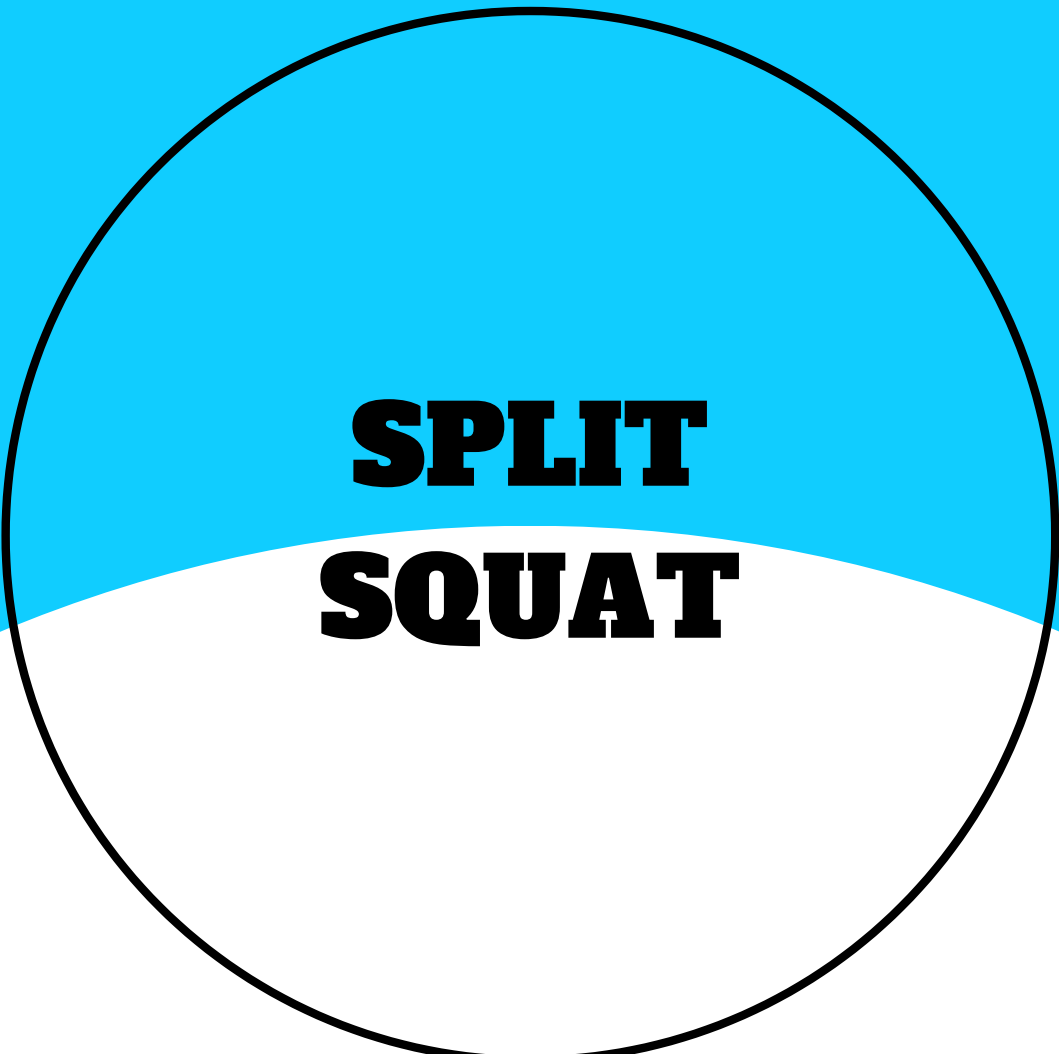




SPLIT SQUAT

10S RESET IN BETWEEN MOVES

10S HOLD (RIGHT LEG FORWARD)

10 PULSES (RIGHT LEG FORWARD)

10 FULL REPS (RIGHT LEG FORWARD)

***8 ELEVATOR REPS (RIGHT LEG FORWARD)**

10S HOLD (LEFT LEG FORWARD)

10 PULSES (LEFT LEG FORWARD)

10 FULL REPS (LEFT LEG FORWARD)

***8 ELEVATOR REPS (LEFT LEG FORWRD)**

SEE NEXT PAGE

REPEAT THIS SET 3X EVERYDAY! BODYWEIGHT

SPLIT SQUAT

HOW TO SPLIT SQUAT PROPERLY

- **GET INTO A LUNGE POSITION, MAKE SURE YOUR FEET ARE NOT RIGHT BEHIND EACH OTHER FOR BALANCE (RAILROAD TRACKS).**
- **TUCK YOUR HIPS UNDER AND ENGAGE YOUR GLUTES AND CORE SO YOU'RE STANDING UP STRAIGHT.**
- **START TO SQUAT STRAIGHT DOWN AS FAR AS YOUR MOBILITY WILL ALLOW.**
- **IF YOU HAVE ANKLE ISSUES, YOU CAN PUT YOUR BACK FOOT ON SOMETHING STABLE BEHIND YOU TO AVOID PRESSURE ON YOUR BACK ANKLE. YOU CAN JUST SQUAT WITH THE FRONT LEG.**
- **INHALE ON YOUR WAY DOWN, BIG EXHALE ON THE WAY UP**
- ***AN ELEVATOR SQUAT IS WHEN YOU START THE SQUAT AND ONLY GO HALFWAY DOWN, THEN COME BACK UP AND THEN DO A FULL REP. SO 2 DOWNS, 2 UPS PER REP.**

SEND MESSAGES WITH QUESTIONS!!!