

# Elevated Split Squat



**Description:** Stand facing away from bench. Extend leg back and place top of foot on bench, so shoe laces contact the bench. Squat down by bending knee of front leg until knee of rear leg is just hovering over the ground. Return to original standing position by extending hip and knee of forward leg and push through the heel. Repeat. Continue with opposite leg.

**\*\*Tip:** Add weight once comfortable with form of exercise. Ensure knee does not trail over toes, rather think about pushing knee to the side not letting it fall inwards.

**Sets/reps:** 10-12 reps for 3 sets.

**Modifications:** Start on the ground doing a traditional lunge without rear foot elevation until you feel comfortable with the form.

**Common Mistakes:** Letting knee trail over toes.

**Target Muscles:** Quads, Glutes, Hamstrings .

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*