Title: Bulgarian Split Squats

Primary Muscle Groups: Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings

Summary: <ol>

<li><span style="line-height: 13px;">Stand up straight while holding two dumbbells. Maintain a tight core and flat back as you carefully place your right foot on top of a bench behind you with toes facing down. </span></li>

<li>Bend at the front knee as you drop the back knee, maintaining perfect form. Front knee should not go over the toes.</li>

<li>Allow your thigh to come to parallel with the floor.</li>

<li>Pause then slowly return to the starting position without locking out your knee.</li>

<li>Repeat then switch sides once set is complete.</li>

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