

HEELCURVE HOCKEY

BULGARIAN SPLIT SQUAT

EXERCISE MECHANICS

WHAT IT IS

A unilateral lower body exercise that develops strength, balance, and stability by performing a squat with one foot elevated behind you. It improves leg strength imbalances and enhances hip, knee, and ankle control.

1 SET UP

Stand lunge-length in front of a bench or box. Place the top of one foot on the bench behind you. Stand tall with your chest up, core tight, and your weight in your front foot.



2 LOWER

Bend your front knee and hip to lower your body straight down. Keep your torso upright and your front knee tracking over your toes. Lower until your front thigh is near parallel to the ground.



3 DRIVE UP

Push through your front heel and midfoot to drive your body back up. Keep your core tight and hips square. Avoid pushing off with your back foot.



4 REPEAT

Repeat for the desired reps on one leg, then switch legs and repeat.



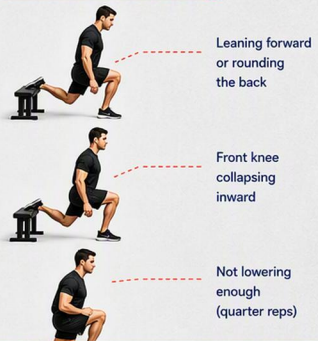
KEY POINTS

- Keep your chest up and core tight.
- Front knee tracks over your toes.
- Lower with control until your thigh is near parallel.
- Drive through your heel to stand up.
- Keep your hips square and avoid leaning forward.
- Focus on quality reps, not quantity.

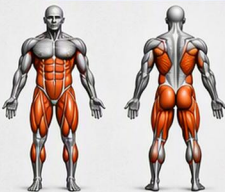
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Adductors
- Core

TRAINING TIPS

- Use as a strength builder, rehab exercise, or accessory lift.
- Use a weight (dumbbells or kettlebells) when you can maintain perfect form.
- Focus on controlled tempo and full range of motion.
- Include in lower body days or as part of your off-ice injury prevention routine.

SKATE FASTER. MOVE BETTER. PLAY HARDER.