

# HEELCURVE HOCKEY

## BULGARIAN SPLIT SQUAT (GOBLET, BACK FOOT ELEVATED)

### EXERCISE MECHANICS

#### WHAT IT IS

A unilateral lower body exercise that builds strength, balance, and stability by performing a split squat with the back foot elevated and a weight held at the chest (goblet hold). It targets the quads, glutes, and improves single-leg control and mobility.

#### 1 START

Stand about two feet in front of a bench or box. Place the top of one foot behind you on the bench. Hold a weight vertically at your chest (goblet hold). Stand tall with your core engaged.



#### 2 LOWER DOWN

Lower your body by bending your front knee and hip, keeping your torso upright. Lower until your front thigh is roughly parallel to the ground. Keep your front knee tracking over your front foot.



#### 3 DRIVE UP

Push through your front heel to drive back up to the starting position. Keep your core tight and your chest up.



#### 4 REPEAT

Repeat for the desired number of reps, then switch legs.



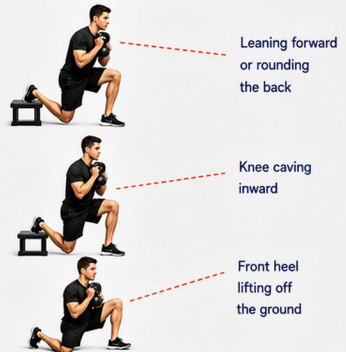
#### KEY POINTS

- Keep your chest up and your core engaged.
- Front foot far enough forward for balance.
- Lower until your front thigh is parallel or slightly below.
- Keep your front knee tracking over your foot.
- Use your arms for balance only if needed.
- Focus on quality reps, not quantity.

#### CORRECT FORM



#### COMMON MISTAKES



#### MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Stabilizers

#### TRAINING TIPS

- Use as a strength and control builder, not just for weight.
- Start with a lighter weight (8–20 lb / 4–9 kg) and progress as your control improves.
- Focus on controlled reps and smooth tempo.
- Include in lower body or hockey-specific training.