

# The Split Squat

*by Greg Poole, MSc., Certified Exercise Physiologist*

## **Keeping leg and butt muscles firm**

Adults have a progressive loss of muscle after 55 years of age, more from our legs and butt than from our upper body. Mobility and balance suffer, reducing quality of life and independence.

This strengthening exercise prevents the flat butt and skinny legs of old age.

Do this exercise every other day or so. Build up to 2 or 3 sets of 10 over four weeks. To progress, gradually go deeper, but keep your hip joint above your knee.

## **5 Minute Exercise**

1. For balance and safety, stand beside a sturdy table, right foot forward.
2. Shift your weight forward over the right foot.
3. Bend your right knee to a 1/4 squat position. Keep your upper body upright.
4. Push smoothly back up, feeling the pressure through your whole foot.
5. Repeat this 10 times.
6. Rest for one minute
7. Shift to the left leg forward and repeat 10 times.



## **About the Author**

Greg Poole is the former Associate Director of Athletics at Carleton University in Ottawa. He has extensive experience as an author and public speaker. He took early retirement in 2003, moved to Vancouver and now works as a personal trainer.