

Split squat setup and session log

Record what you actually completed; use the full guide for instructions.

Date / floor or elevated version

Rear support / height / secure hand support

Front-foot marker / stance width / comfortable depth

Left: load / hand holding it / sets / reps

Right: load / hand holding it / sets / reps

Rest between sides / after both sides

Comfort / control / symptoms / other leg work

Next session: same setup or one small change

Support height is an observation, not a universal target.

Stop for pain or loss of control; this sheet does not assess an injury.