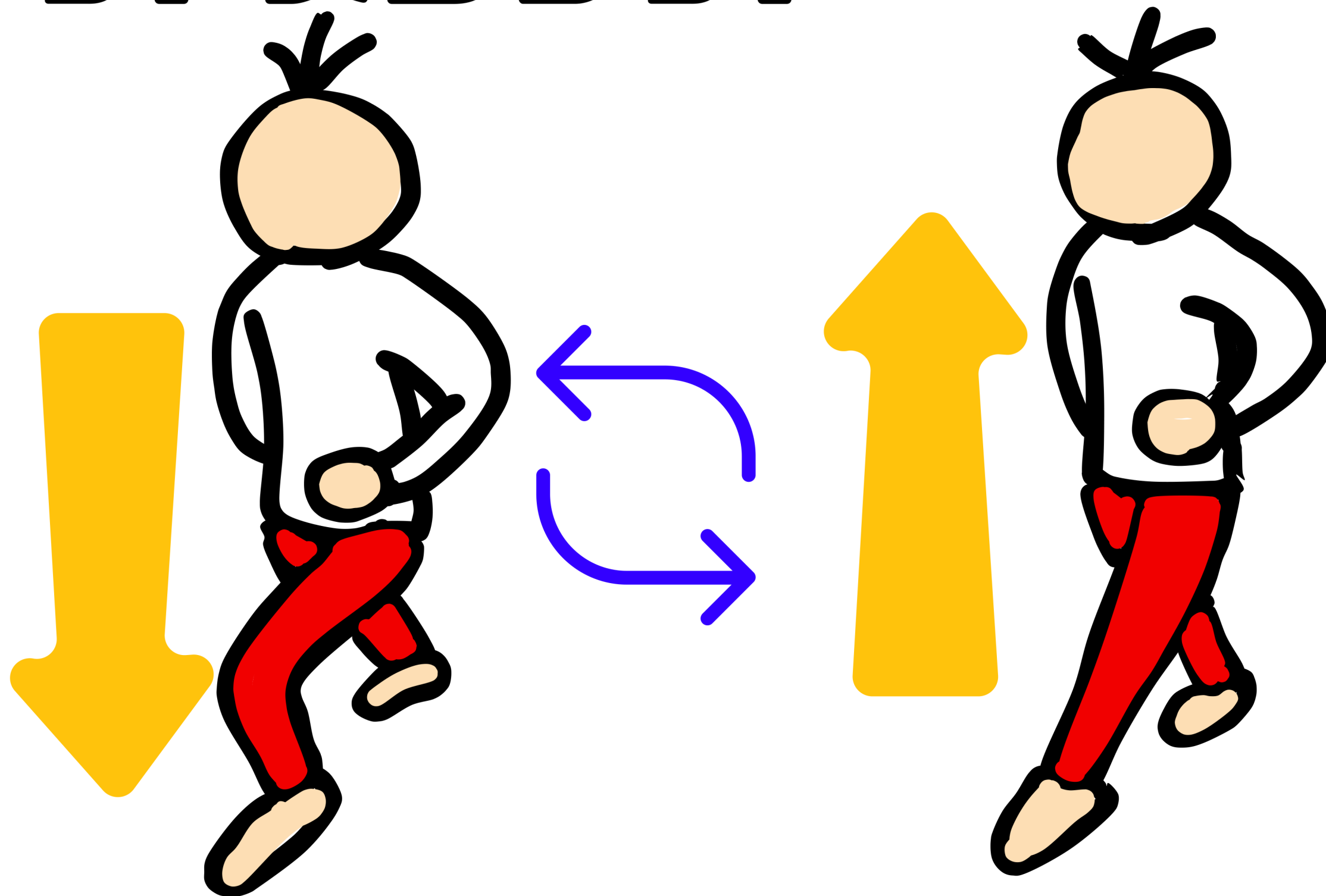
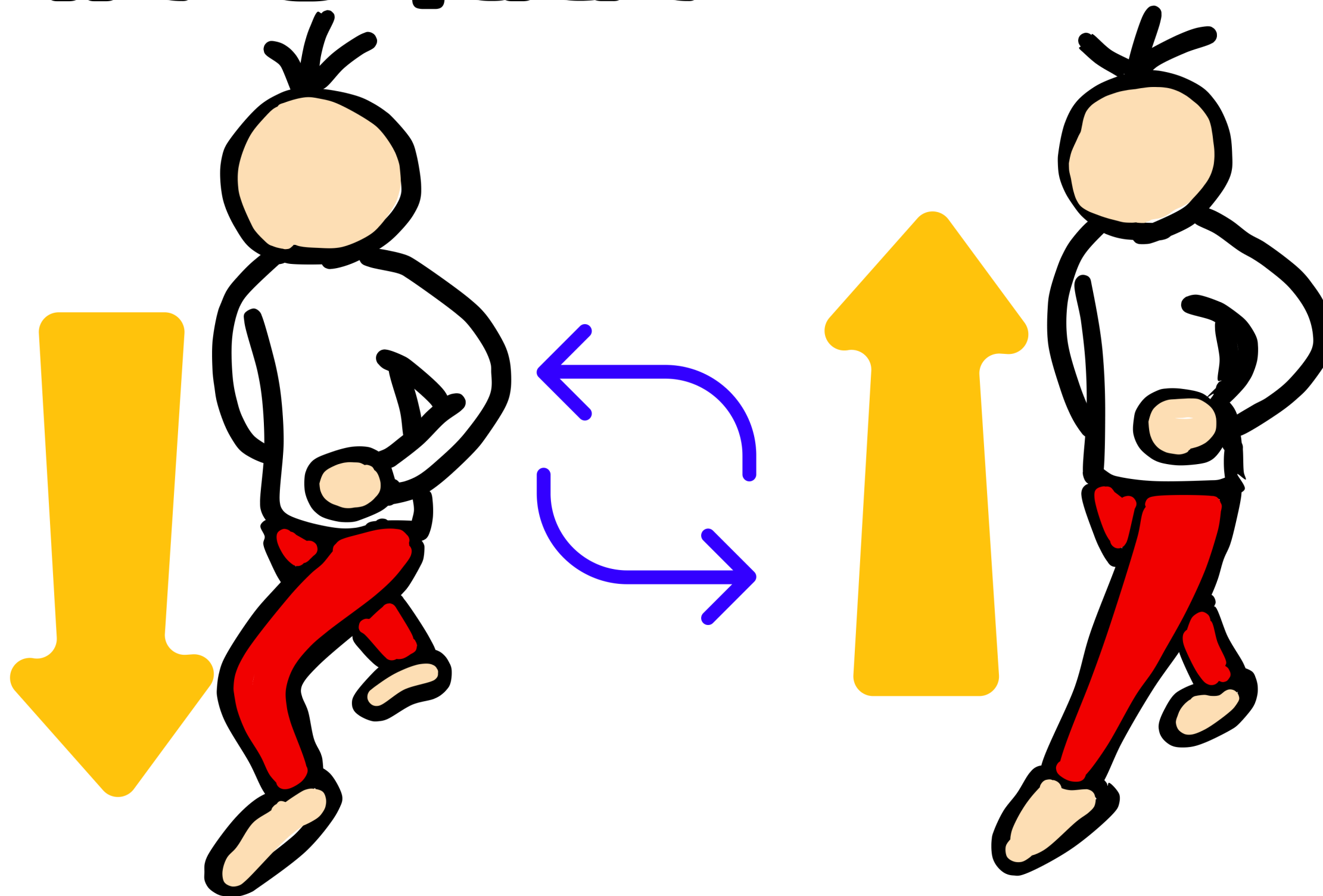


# スプリットスクワット



脚を前後に開いて、体は垂直を保ったまま、膝を曲げる

# Split Squat



**Be sure to keep your back straight when doing split squats.**