

15.23 FORWARD STEP LUNGE

This exercise can also be performed with two dumbbells, using a closed, neutral grip. The athlete allows the dumbbells to hang at arm's length alongside the body throughout the exercise. When using dumbbells, the spotter assists the athlete in the same manner as in the barbell version, although the task of helping the athlete rack the bar is not applicable. (Note: This exercise cannot be performed inside a typical power rack. The use of a tiered squat rack or a power rack that has supports on the outside is recommended. To allow an optimal view of the exercise technique, a rack is not shown in the photos.)

Starting Position: Athlete

- Step under the bar and position the feet parallel to each other.
- Grasp the bar with a closed, pronated grip.
- Place the bar in a balanced position on the upper back and shoulders above the posterior deltoids at the base of the neck (using a handgrip only slightly wider than shoulder-width).
- Lift the elbows up to create a "shelf" for the bar using the upper back and shoulder muscles.
- Hold the chest up and out.
- Tilt the head slightly up.
- Once in position, signal the spotter for assistance in moving the bar off the supports.
- Extend the hips and knees to lift the bar.

- Take two or three steps backward.
- All repetitions begin from this position.

Starting Position: Spotter

- Stand erect and very close to the athlete (but do not distract the athlete).
- Place the feet shoulder-width apart with the knees slightly flexed.
- At the athlete's signal, assist with lifting and balancing the bar as it is moved out of the rack.
- Move in unison with the athlete as the athlete moves backward to the starting position.
- Once the athlete is in position, get into a hip-width stance with the knees slightly flexed and the torso erect.
- Position the hands near the athlete's hips, waist, or torso.

Forward Movement Phase: Athlete

- Take one exaggerated step directly forward with one leg (the lead leg).
- Keep the torso erect as the lead foot moves forward and contacts the floor.
- Keep the trailing foot in the starting position, but allow the trailing knee to slightly flex.
- Plant the lead foot flat on the floor pointing straight ahead or slightly inward.



Starting positions



Beginning of forward movement positions

- Allow the lead hip and knee to flex slowly.
- Keep the lead knee directly over the lead foot.
- Continue to flex the trailing knee until it is 1 to 2 inches (3-5 cm) above the floor.
- Balance the weight evenly between the ball of the trailing foot and the whole lead foot.
- Keep the torso perpendicular to the floor by “sitting back” on the trailing leg.

Forward Movement Phase: Spotter

- Step forward with the same lead leg as the athlete.
- Keep the lead knee and foot aligned with the athlete’s lead foot.
- Plant the lead foot 12 to 18 inches (30-46 cm) behind the athlete’s lead foot.
- Flex the lead knee as the athlete’s lead knee flexes.
- Keep the torso erect.
- Keep the hands near the athlete’s hips, waist, or torso.
- Assist only when necessary to keep the athlete balanced.

Backward Movement Phase: Athlete

- Forcefully push off the floor by extending the lead hip and knee.

- Maintain the same erect torso position; do not jerk the upper body backward.
- Bring the lead foot back to a position next to the trailing foot; do not stutter-step backward.
- Stand erect in the starting position, pause, and then alternate lead legs for the next repetition.
- At the end of the set, step toward the rack and place the bar in the supports.

Backward Movement Phase: Spotter

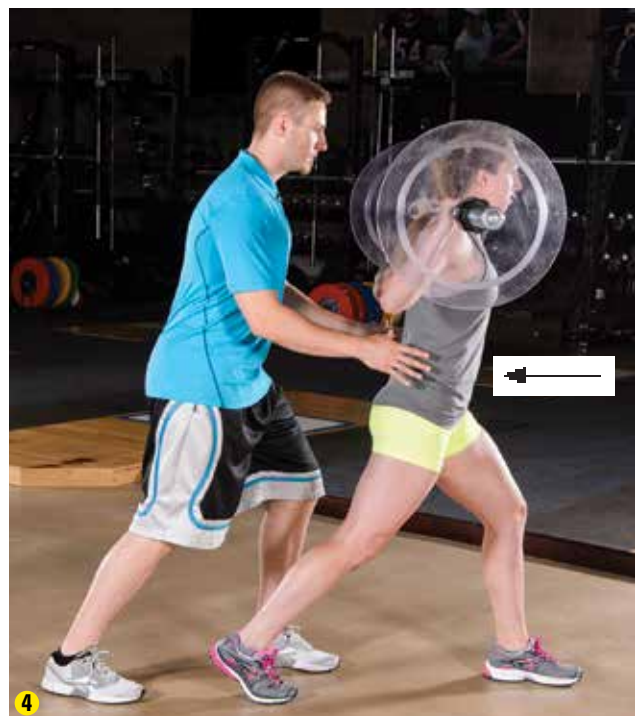
- Push backward with the lead leg in unison with the athlete.
- Bring the lead foot back to a position next to the trailing foot; do not stutter-step backward.
- Keep hands near the athlete’s hips, waist, or torso.
- Stand erect in the starting position, pause to wait for the athlete, and alternate lead legs for the next repetition.
- Assist only when necessary to keep the athlete balanced.
- At the end of the set, help the athlete rack the bar.

MAJOR MUSCLES INVOLVED

gluteus maximus, semimembranosus, semitendinosus, biceps femoris, vastus lateralis, vastus intermedius, vastus medialis, rectus femoris, iliopsoas



Completion of forward movement positions



Middle of backward movement positions