

LUNGE PROGRESSION

Lunge into an elbow-to-instep position and then move to a knee extension position: Repeat the forward lunge and then flex forward at the hips to bring the forearm of the same side as the lead

leg toward the ground. After reaching the end point of the forward stretch, slowly shift the body weight backward and extend the lead leg into a hamstring stretch.



Forward lunge with elbow to instep



Forward lunge with knee extension

BACKWARD LUNGE WITH A TWIST

Standing straight, take a large step backward with one leg to create a 90° angle of flexion in both knees. Keep the lower leg from touching the ground. Twist the torso to the same side as the

lead leg and back to the lunge position. Return to the start position and alternate legs. Repeat 5 to 10 steps with both legs.



Backward lunge with a twist