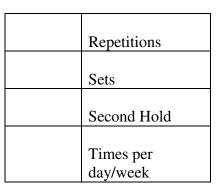
## Active Health Solutions

## Lunges



Make sure you...

- -Maintain neutral pelvis.
- -Maintain abdominal bracing/kegel.
- -BREATHE.
- -Don't arch your back.
- -Keep the front knee over the front ankle.
- -Do the exercises in a smooth and controlled movement.
- -Work on good balance when landing.
- -Increase in speed as lunges improve.
- -Drop down to an easier exercise if you cannot maintain proper form.
- -STOP if pain is aggravated, but muscle burn is OK.





1. Forward lunge



- 2. Add a balance challenge by leaning forward, forming a straight line from the head to heel.
- 3. Lunges with Arm Reach Add arm movements during lunge (cross body, elevation, etc.)



4. Star lunge - Lunge in multiple directions



- 5. Add hand weights, medicine ball, weight bar (first held near the torso, then further away)
- 6. Add instability by lunging onto an unstable surface such as a balance board or BOSU ball.
- 7. Add resistance from behind with a pulley or exercise tubing hooked onto belt.