

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.

	Repetitions
	Sets
	Second Hold
	Times per day/week



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.