

# Lunge



**Description:** Keep upper body straight with shoulders back and a relaxed chin up. Engage the core to assist with a stable upright posture. Take a large step forward with one leg. Lower the hips until both knee joints are at approximately 90 degree angles. Ensure that the front knee never passes in front of the toes and the back knee never touches the ground. Think about pushing the knee outward and not letting it fall inwards. Return to a standing position and repeat.

**Sets/Reps:** 3 sets of 10-12 repetitions.

**Common Mistakes:** Not dropping the back knee low enough or allowing the lead knee to move inward. Forgetting to use the core allowing the torso to drop forward.

**Target Muscles:** Quadriceps, Glutes.

**Modifications:** Lunges can be completed with body weight or by using barbells, dumbbells or kettlebells for added weight. Other modifications include walking and reverse lunges.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

