

## Movement of the Week

### Side-Lunge



**Description:** Start by standing with feet hip width apart, clasp hands is optional. Step out to the side with the right foot, while keeping left foot planted and toes pointing forward. Toes of the right foot may point slightly outward. Lunge into the right leg by bending at the knee, while ensuring knee does not trail over the toes. Keep torso as upright as possible for exercise to be most effective; this requires use of core muscles to maintain an erect position, so squeeze the abdominals to support yourself.

**\*\*Tip:** Right and left toes should line up, so body maintains proper alignment. To keep knee from trailing over toes think about drawing knee out to the side wall; this will protect the knee, as well as create a stable base of support.

**Sets/reps:** Reps: 10-15 per side; 2-3 sets.

**Modifications:** Instead of returning to the standing starting position remain in wide stance and pulse from lunge to standing by bending and extending knee that is in the lunge position. This modification is great for anyone new to this exercise, as well as those who have any knee issues.

**Common Mistakes:** knee trailing over toes, letting torso fall too far forward (use those core muscles).

**Target Muscles:** Quads, Glutes, Hamstrings, Adductors.

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