

# Exercise Spotlight

## Lunge [Reverse]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Erector Spinae, Transverse Abdominis
Benefits	- Condition and strengthen the lower body - Improve flexibility, posture, and athletic performance
Precautions	- After a small step back, think about dropping straight down and straight up, striving to achieve an approximate ninety degree angle at both knees every repetition. This will help to ensure that pressure is taken off the front knee and put into the working muscles of the hips
Instructions	- Begin in a standing position, feet hip-width apart, vision forward, shoulders set, and hips in a neutral position - Inhale as you take a small step back, dropping straight down until the back knee is close to, but not touching, the ground - Exhale as you drive yourself back up to starting position, pushing through the heel of the lead leg - Repeat on the same side for a desired number of repetitions, then practice an equal number of repetitions on the other side

Start and Finish

Mid Point

