

Exercise Spotlight

Lunge [Stationary]

Muscles Worked	- Quadriceps, Glutes, Hip Flexors, Erector Spinae, Transverse Abdominis
Benefits	- Add strength and size to the lower body - Enhance flexibility, posture, and athletic performance
Precautions	- Do your best to keep the weight through the heel of the leading leg and ensure that the knee of the leading leg does not travel past the toes at any point
Instructions	- Begin in a lunge position, one foot in front of the other, feet roughly hip-width apart, knees slightly bent, vision forward, and the hips in a neutral position - Maintain your balance and inhale as you descend straight down by bending at the knees and hip - Drop as low as you comfortably can, keeping the back knee off the floor, and pause at the bottom as you hold strong form and alignment - Exhale as you push through the lower body to return to start position - Repeat for desired number of repetitions and practice an equal number of repetitions on the other side

Start and Finish

Mid Point

