



FORWARD LUNGE



INSTRUCTIONS

Step 1: Starting with feet shoulder width apart and pointing straight ahead, take a long stride **forward / backwards**

Step 2: Maintaining a vertical torso, slowly bend both knees lowering the body towards the floor

Step 3: The knee of the rear leg should remain below the hips and will approximate the floor

Step 4: Allow the knee of the front leg to move in the same direction as the foot

Step 5: Push through the heel of the front leg and return to the starting position

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____