

BASIC MOVEMENTS

Exercise Name

SQUAT LUNGE

Description

Stand with your feet close together and your hands in your hips. Then take a step forward keeping your head up and your spine in a neutral position. Bend your front knee to a 90° angle. Your back knee drops straight down behind you, almost touching the ground, so that you are balancing on the toe of your foot to create a 90° angle in your knee joint and a straight line from your spine through your bottom knee.

To go up again just extend your back knee and stay in the lunge position.

My tip: Never let your front knee bend too much (not more than 90° would be ideal)! Visualize lowering your body straight down or just think of your rear knee going down to the ground. Like that you are putting the weight on your back leg which is meant to.

Look for your spine to remain in the same position as it moves down and up.

Your kneecaps should always point straight forward.

Common Fault

- Don't bend your front knee too much (knee joint should stay behind your toes!)
- Your spine should remain straight through the whole range of motion
- Watch out that your back ankle is not twisted which would result that rear toes and knee do not point straight forward

Please note:

- You will increase the difficulty of the exercise by using weights. First it is important that you do the Squat Lunge the right way, that's why it is good to just work with your bodyweight first.

position 1



position 2



position 3

