

Lunge

Purpose

- This exercise will strengthen the muscles at the front and back of the thighs and buttocks and strengthen the hip bones. It will help with everyday activities such as stair climbing.

Position

- Stand at the side of the chair, holding on for support.
- Keep knees and feet hip width apart.
- Stand tall and keep knees soft throughout.

Action





- Stand tall with good posture, looking straight ahead.
- Keep the pelvis neutral, tummy muscles pulled in and the shoulders above the hips.
- Take half a step forwards with the outside leg, placing the foot flat on the floor and bending the knees.
- Making sure the knee doesn't move too far forwards over the toe with each lunge.
- Press gently off this foot to bring the leg back to start position.



Sets Reps

Comments

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