

## Training Tips

### The Lunge

The lunge is one of the best exercises you can do for your lower body. This is also an exercise that can be either very simple or highly modified for the athlete. When performing the lunge you are recruiting your quads, hamstrings, inner and outer thigh, and glutes. This exercise is also highly functional, meaning it's specific to everyday movements. Let's go through step by step on proper technique for a basic walking lunge:

**Phase 1.** From an upright position take a long step forward (you want to have a high degree of extension in the back leg), and remember keep your body upright.



**Phase 2.** Sit on your back leg and allow the leg to flex just enough to where the knee comes in close contact with the ground, but does not touch. Your front leg should have a perfect 90 degree bend, meaning your knee is directly above your heel. Never let the knee swing forward - this puts unnecessary stress on the joint. You may feel a bit unstable so stand in a hallway, using the wall to brace yourself as needed.

**Phase 3.** With your body upright and hands in front of you or at your side (not on your leg), push off your back leg and take a large step forward. Gather your balance and repeat Phase 2. Continue alternating each leg until fatigued.

You may feel uncoordinated and unbalanced at first and that is perfectly normal. Continue with this exercise and you will see huge improvements within two weeks. That is what makes this exercise so good – you are working on strength, coordination, and balance all at once. Although this exercise is for everyone there may be special needs requiring modification.