

Forward Step Lunge

Exercise Objective: Isolate a single leg and develop strength in the muscles of the hips, legs, and core

Start Position

1. Stand in an erect position with dumbbells at sides, shoulder blades pulled back and down, arms straight, and palms facing in
2. Position feet hip-width apart with toes pointed straight ahead

Procedure

1. Take an exaggerated step forward keeping feet hip-width apart with toes pointed straight ahead
2. Sit hips down until the front thigh is parallel with the floor
3. The torso should come forward to a 35 – 45° angle with back flat and straight
4. Maintain balance and push through the heel of the front foot to return to the start position

Coaching Points

1. Make sure that hips and shoulders remain square to the direction facing throughout the entire lift
2. Keep weight on the front heel and keep back heel pointed to the sky to prevent it from rolling to the side
3. Do not allow the front knee to go forward past the toes