

How to Lunge

The goal of a lunge is to help you build your confidence in your ability to progress towards single leg loading by increasing your lower limb muscular strength.

- Stand with your feet in a long step.
- Keep your feet facing forwards throughout.
- Keep your chest up and bend your knees.
- Keep your front knee tracking over your second toe throughout.

What is this too Challenging?

Reduce the number of sets and repetitions. Make sure that you prioritise your movement quality and focus on keeping your knees apart

Reduce the depth and the length of your stride as another alternative.

What if this is too Easy?

You can increase the number of sets and repetitions that you complete. These can also be completed at a slower speed with a hold at the bottom of the lunge. This will require you to recruit and fatigue more muscle fibres to increase your strength.

Progression can also be by lunging deeper with a foot on a step, completing a split squat or by adding a weight. This weight could be a back pack with books in, a bag of shopping or a watering can with water.