

Lunge Back Rotation

Why we do it:

Balance and core stability.
Deep stretch into the hip flexors.
Extending trunk muscles

Functional Benefit:

Stability
Mobility
Flexibility



Stand in the neutral position with your feet hip width apart.

Step back with right leg, bending both knees. Balance your right leg on your toes.



Extend your left arm up and behind your head.

Keep your hips stable and rotate your trunk to the right. Let your head follow your right shoulder.



Rotate to centre and repeat on opposite side.