

Lunge Forward

Why we do it:

Balance and core stability.
Tone and strengthen legs.
Stretch into the hip flexors.

Functional Benefit:

Stability
Mobility
Flexibility

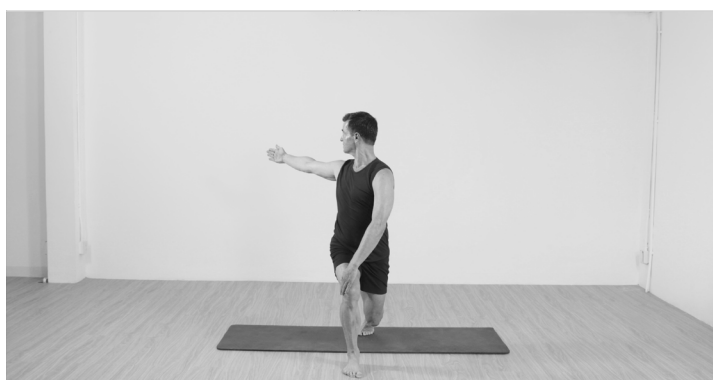


Stand in the neutral position with your feet together.



Step forward with right leg, bending both knees. Move both arms upward, shoulder width apart.

Return to centre and repeat on the left.



Repeat forward lunge

Keeping hips forward, rotate upper torso bringing left hand to right knee.

Extend your right arm behind you as far as you can go, letting your head follow your hand.