

LUNGE AND ROTATE

- Stand with feet hip width apart, spine long and hands on hips.
- Take a slightly larger step forward than normal walking gate.
- Compress ankles, knees and hips. Taking the back knee towards the ground and the front knee over the second toe of the front foot.
- As the compression begins rotate the shoulders towards the front leg.
- Drive upwards through the legs and unwind until facing the front, feet hip width apart.
- Repeat stepping forward with the next leg.

Benefits

- Proprioception and Balance.
- Develops resilience.
- Coordination of arms/legs.
- Awareness of spin.

Beginners Advice

- Start spine rotation movement with regular walking.
- Lunge over a smaller distance.
- Keep back knee off the ground.
- A nice image is having the head held up by a piece of string.

Challenge

- Lunge over a longer distance.
- Allow the back knee to just touch the ground ever so lightly.
- Keep lunge pace slow and even through out movement.

Adjustments / What to look for

- Front knee tracking away from foot.
- Back knee thumping into the ground.
- Hinging at the hips during lunge.
- Rotating away from front leg.