

LUNGE AND SCOOP

- Stand with feet hip width, spine long and arms loose by your side.
- Take a slightly larger step forward than normal walking gate, as this is being done raise arms forward and up until fingers point to the sky, palms facing.
- 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, bring arms back and down in a scooping motion. Fingers should point at the ground at the lowest point of the lunge.
- Drive upwards through the legs and continue scooping movement until back in stance, feet hip width arms raised above head.
- Repeat stepping forward with the next leg.

Benefits

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

Beginners Advice

- Start arm scooping 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.
- Scooping action down not up.