

WALKING LUNGE

- Stand with your feet shoulder width apart.
- Keep your head up, spine vertical and eyes fixed on a point in front of you.
- Step out and descend slowly bending at the knees, ankles, and hips.
- During the descent maintain even weight distribution between the heels and mid-foot.
- Track your knees over the first and second toes.
- Keep your back knee directly under your hip and nearly touching the ground.
- While maintaining a long, vertical spine, draw your back leg up and through to next step.

Benefits

- Improves dynamic leg strength.
- Improves deep postural control.
- Improves perception of vertical.

Beginners Advice

- Stay tall throughout movement.
- The spine should remain in the same vertical position.
- Slow and controlled movement.
- During movement bring attention to feet.

Challenge

- Arms abducted.
- Arms rotating in sagittal plane, back and down / forward and up.

Adjustments / What to look for

- Balance and alignment with mirror or partner.
- Use hand held objects for greater challenge / awareness.
- Progress to backwards lunge or jump lunge.
- Attempt with eyes closed.
- Introduce trunk rotation to closed side (hip flexion).