

Backward Lunge

Equipment Needed: None

Start at this Position:

- Stand with your feet shoulder width apart and knees slightly bent.
- Keep your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Inhale as you step one leg back as far as possible.

2. Middle Position



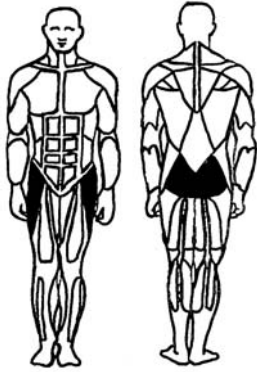
As you step backward, bend at your knees to lower yourself. Keep your back perpendicular to the floor. Look straight ahead.

3. End Position



Lower yourself until your rear knee is approximately 1/2 an inch from the floor and your front leg forms a 90-degree angle. Do not let your front knee extend beyond your toes. *Refer to Figure A.* Hold for 1/2 a second.

Backward Lunge



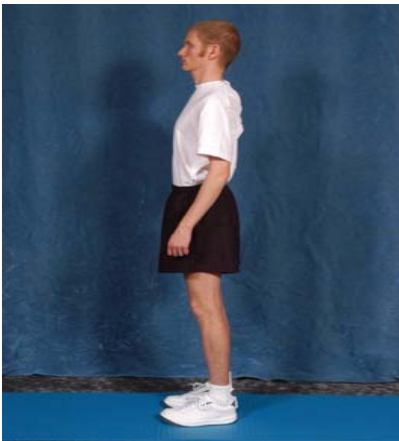
Region: Legs

- Primary Muscles Worked:
Outer Thighs, Glutes

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and perpendicular to the floor.
 - Keep your head aligned with your spine.
 - Look straight ahead.
- At start position, do not lock out your knees.
- At end position, **never let your knee extend beyond your toes.**
- At end position, never let your rear knee touch the floor.
 - **Do not perform this exercise if you feel discomfort in your knees or lower back.**

4. Return to Middle



Exhale as you raise your body, by transferring your weight to your front heel. Push off from your rear foot to bring it back to starting position.

5. Return to Start



Do not lock out your knees. Hold for 1/2 a second, squeezing your glutes. Duplicate the exercise for the other side of your body. Alternate between legs. Repeat the movement for the recommended number of repetitions. (1 repetition = one for the right and one for the left)

Figure A

