

Stationary Lunge

Equipment Needed: 2 Dumbbells

Start at this Position:

- Gripping both dumbbells, position your arms at your sides. Palms face in.
- Your feet are shoulder width apart with knees slightly bent.
- Your back is straight and your head is aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



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

2. Middle Position

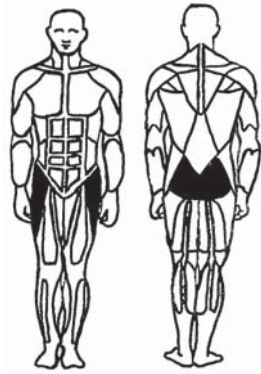


As you step forward, bend at your knees to lower yourself. Concentrate on shifting your weight to the ball of your rear foot.

3. End Position



Keeping your back straight and head aligned with your spine, 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. Hold for 1/2 a second.



Region: Legs

- Primary Muscles Worked: Glutes, Outer Thighs

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and head aligned with your spine.
- In end position, to alleviate stress on your knees, keep your back straight and do not let your knee extend beyond your toes.
- For each set, perform the same number of repetitions on each leg. Alternate between legs.

4. Return to Middle



Exhale as you raise the toes of your front foot. Transfer your weight to your heel. Push off from the heel of your front foot to bring your foot back to starting position.

5. Return to Start



Do not lock out your knees. Hold for 1/2 a second, squeezing your glutes. Alternate legs to complete the repetition. Repeat the movement for the recommended number of repetitions.