



ADVANCED TRAINING AND PERFORMANCE

3-way lunge

Exercise Description

1. Find a space about 5 feet long by 5 feet wide.
2. While standing in the middle of the space, move one leg forward into a lunge position.
3. Try to land softly and lightly let your knee touch the ground
4. Push back up into the starting position
5. Repeat to the side and back (3 positions in all)
6. Sets and reps
 - o 3-4 times/week
 - o 3-4 sets
 - o 5-6 reps each direction

The Why

This should work on hip and knee strength. You want to use the muscle in your bottom and thigh to reduce the back muscles from working. The lunge movements are very useful to help with balance and control from your hips to your ankles.

