

BeActive Get Stronger Feel Better

LUNGE

With parallel feet, one foot forward, and the other behind, bend both knees lifting the back heel off the ground. Keep your back straight and your core strong throughout the lunge and ensure your front knee doesn't go past your toes on your front foot. Slowly return to starting position with both legs straight and both feet flat on the ground.

This exercise can be modified by lunging while holding on to a bench or a stable structure for support. If lunges are not for you, stay with squats, and/or modify with the knee extension.



Exercise activity sheets available at www.mensshed.org
www.activestrongerbetter.net 1300 363 654