

# How to Lunge

The goal of a lunge is to help you build your confidence in your ability to progress towards single leg loading by increasing your lower limb muscular strength.

- Stand with your feet in a long step.
- Keep your feet facing forwards throughout.
- Keep your chest up and bend your knees.
- Keep your front knee tracking over your second toe throughout.

## What is this too Challenging?

**Reduce the number of sets and repetitions.** Make sure that you prioritise your movement quality and focus on keeping your knees apart

Reduce the depth and the length of your stride as another alternative.

## What if this is too Easy?

**You can increase the number of sets and repetitions that you complete.** These can also be completed at a slower speed with a hold at the bottom of the lunge. This will require you to recruit and fatigue more muscle fibres to increase your strength.

Progression can also be by lunging deeper with a foot on a step, completing a split squat or by adding a weight. This weight could be a back pack with books in, a bag of shopping or a watering can with water.