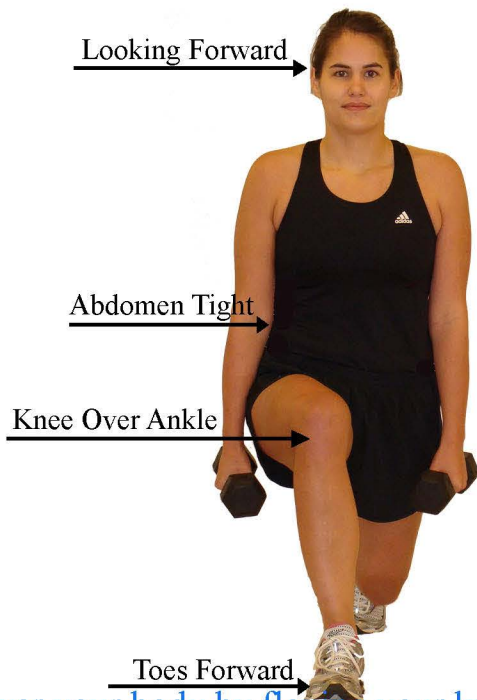


Lunges

This exercise mainly works the gluteus maximus and quadriceps.

You can perform a complete set on one side and then the other, or work them alternating during the same set.

This exercise can be performed in two ways: either by taking a small step (which isolates the quadriceps) or taking a big step (which isolates the hamstring and gluteus maximus and stretches the rectus femoris and iliopsoas of the back leg).



Lower your body by flexing your knee and hip until your knee is almost touching the floor. Return to the starting position by extending the hip and knee of the forward leg. Pretend as if there is a string pulling you up and down.

Because all of the weight is supported by the front leg in the lunge position the exercise requires a good sense of balance, Work with light weights to protect the knee.

