

Lunge Back

Why we do it:

Balance and core stability.
Tone and strengthen legs.
Stretch into the hip flexors.

Functional Benefit:

Stability
Mobility
Flexibility



Stand in the neutral position with your feet together. Get ready to do 2 things at once.



Step back with right leg, bending both knees. Balance your right left on your toes.

Extend your left arm up and over your head, lifting your right arm to the side for balance.

Let your head follow your left hand.



Rotate to centre and repeat on opposite side.