

Lunge Side

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.



Take a big step right, planting your foot at 90 degrees, with a bent knee.

Bring right elbow to right thigh. Extend left arm over head.



Return to the centre. Repeat on the opposite side.