

# Lunge Diagonal

## Why we do it:

Balance and core stability.  
Tone and strengthen legs.  
Hip opening and lengthening.

## 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 at 45", bending both knees.

Bring hands together in front of you and rotate your upper torso as far as possible to the right, keeping hips stable.



Rotate torso back to the centre.

Repeat on opposite side.