



Lower Body Mobility And Stability: Forward Lunge

Equipment:

N/A

Set-up:

N/A

Description:

This is an exercise that will help to develop greater flexibility in the muscles of your legs. This exercise specifically targets the hip flexors, quads and hamstrings resulting in better posture and a more stable lower body.

Instructions:

Start by taking a large step forward and getting into a lunge position (front knee over the front ankle and back heel up off the ground) If your stepped forward with your right foot, place your left hand down on the ground next to your right foot for support. Next, take your right hand and put it behind your head. Then, slowly try to touch your right elbow to the inside of your right ankle. Repeat on the other side.

Scoring:

This exercise will be scored on an effort = reward system. The students that work hard throughout the exercise will score a 3. Students that do not put much effort into exercise will score a 5.

