

Lunge Warm-Up

These 5 exercises are not only a great warm-up and a great way to strengthen your core, but they also get you working in all three planes of motion: sagittal, lateral and transverse.

1. Front Lunge



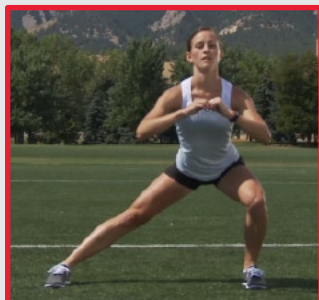
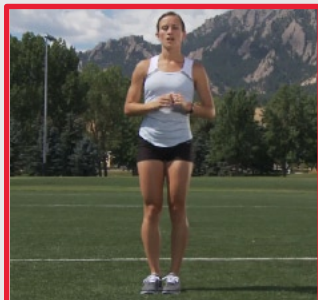
Take a step forwards that is roughly one-half the distance you are tall. Position your knee over your ankle. Your feet should be straight ahead. Step back and repeat. Complete five reps per leg.

2. Front Lunge with Twist



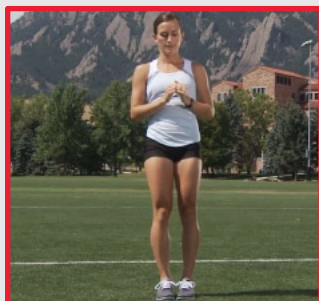
This is the same exercise as the front lunge, but with a twist at the waist. Lunge with your left foot then twist so that your chest is over the left knee. Step back and repeat on the opposite side. Complete five reps per leg.

3. Side Lunge



Step roughly one-third the distance as you are tall to the right, keeping both feet pointed straight ahead. Lean over your right knee so that your left leg is straight. Step back to the center and repeat to the left. Complete five reps per leg.

4. Back and to the Side



Step back to the 45-degree line with your right leg. Your left leg should be straight. Your weight should be over your right foot. Step back to the start position and repeat on the left side. Complete five reps per leg.

5. Back Lunge



Take a step backwards, roughly one-half the distance you are tall. Keep your feet pointed straight ahead. Step forward and repeat. Complete five reps per leg.