

Reverse Lunge

The dynamic mobility will put more stress through the knee joint as the member is now stepping into and out of position. Keep the core engaged throughout.

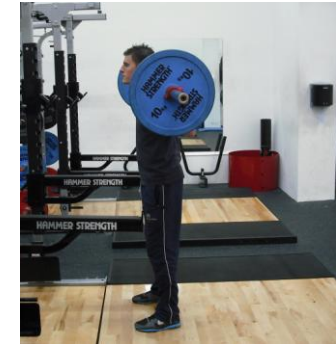
The lunge movement can be split into accelerative and declarative movements. Walking Lunges, reverse lunge and slide board lunges are accelerative.

Teaching Points

- Position the barbell at chest height, step under the bar and place the bar on the top of the trapezius. Extend knees and hips and lift the bar off the rack
- Take a small step backwards.
- Stand with feet together
- Take a stride backwards with one leg. Position the leg so the front thigh is parallel to the floor. The back leg should be positioned the knee, hip and shoulder are aligned vertically
- Extend the knee and hip off the front leg to stand. Bring the rear foot parallel to the front
- The core should stay engaged and straight spine throughout (avoid leaning forwards)
- The front knee should not go past your toes



Target Muscles



Primary Muscles: gluteus maximus, quadriceps, soleus, adductor magnus,

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings, adductors, abductors, gluteus medius, gluteus minimus, gastrocnemius

Look out for: knees turning in / out, heels coming off the floor, leaning forwards at the hips, not dropping straight down, knee moving in front of the toes, back foot directly in line with the front foot, unstable when pushing up through one foot compared the other, stride too far forwards

