

## 6 • LUNGE SET

### PURPOSE

*Helps to reestablish length in contracted legs (quadriceps) and inner thighs (adductors) after demanding workouts. Lunges can be an effective aid to counter minor cases of patellar tendonitis, strained adductors, and iliopsoas problems.*

### MOVEMENT

#### Part 1—Standing Lunge

1. Begin this set with your right foot forward and your left foot back.
2. Bend your back knee enough so that you can see the knee and upper thigh. The back heel will come off the ground.
3. Your front knee should be over but not in front of your front foot.
4. Place your right hand on your abdomen and your left hand on the back of your left hip.
5. Inhale, lift your chest, and extend your spine up. Exhale, move your lower abdominal area back, and rotate your hips to create a stretch in the thigh.
6. For three breaths use this subtle movement, keep your head relaxed. On each inhale, lift the chest. On each exhale, rotate the hips and create a stretch in the thigh of the back leg.
7. Continue part 2 and part 3 with the same leg back.

### KEY POINTS

- Be aware of the tendency to compress the neck and sway the back.
- Avoid compression of the low back by keeping the weight of your upper body forward.

#### STANDING LUNGE

