



THE WORKOUT CHALLENGE

# LUNGES

Meet your Personal Trainer –

*John Graham*

from Impakt and White Collar Fight Night (WCFN)



Lunges are a single-leg bodyweight movement that are deceptively simple, highly effective and can be done literally anywhere (e.g. the living room, beach, by your desk, on a plane, etc.).

## How to

1. Standing tall, take a step back and gently lower your back knee to the ground.
2. Keep your core tight, so your body remains upright.
3. Stand up by pressing into the ground with your forward leg, using your quads and glutes to straighten up your body.
4. Once you're standing up, repeat the movement with your opposite leg.

## Beginners

As a beginner start with just your body weight, hold on to something to maintain balance and slowly progress to no assistance.

## Progressing it

If you choose to do walking lunges, take full steps. Once you've master that then you can add resistance to each hand and start again with stationary lunges progressing to walking lunges.

## Things to watch

Whether you are doing a back lunge , forward lunge , walking lunge , with resistance or not remember to not let that front knee track over your toe . Your knee should be behind your toe with every step. Aim for a 45 degree angle with your legs.



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