

DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU SHOULD
NOT DO

Maybe Forward Lunges for some

A deep forward knee lunge is where the knee goes past the toes.

Deep lunges where the knee **does** go past toes and stays over ankle is acceptable for some, but not all. If you have knee pain do not do this.

I do highly recommend standard lunges in a slow, deliberate manner for everyone (See Form).

Revision: I am changing my suggestion on not doing this exercise for some people. In life our knees go past our toes a lot. An example is going down stairs. I am not saying that if you are starting a program to do this, but it may be part of a more advanced program or for those who are in an athletic rehab program. Please see article: [Knees Past Toes](#).

