

Lunge Form

Types (progression): The Forward and Rear Lunges are two of my favorites. To make it harder hold onto weights. If just starting out do the [Split Squat](#), which is a lunge without a step forward or back and do not go deeply and it is ok to use a support. I do not recommend the Bulgarian Lunge. A popular exercise used by Strength and Conditioning Coaches ([see article](#)).

Form: See Details below, but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine ([bracing](#)). Stand with your feet hip-width apart and hands on your hips. Make sure front of your hips are facing forward, then, take a step forward with your right or left leg, so that the rear foot's heel comes off the ground. Keeping your spine totally straight and perpendicular to the floor, slowly lower your body down toward the ground. **Bring both legs into a 90-degree angle with the front knee over the front ankle and the back knee directly under the hip (this is most important).** We suggest creating a straight line from your ear to your shoulder to your hip bone to your back knee. Then press back through the front foot to return to the starting position, and repeat on the opposite leg. Make sure your knee is bent properly and you are under control throughout the entire lunge. The rear lunge is the same, but stepping back.

[SEE DETAILS ON HOW TO DO A FORWARD LUNGE.](#)

The lunge is one of the best exercises for the lower body. It helps strengthen the glutes, quads, and core as well as develops balance. It is also a primary motion ([primary motions](#)). As with other primary motions performing them may help reduce muscle imbalances. It stabilizes the spine and it strengthens the muscles of the hip and knee. That is why I try to include it with all my lower back conditioning programs. Some even suggest it can improve posture. I consider it another [foundation exercise](#) and it should be part of a basic fitness routine or as a warm up for advanced exercisers and athletes. Both sides must be performed (right and left). They can be done anywhere and don't require any equipment. They can be done often, even everyday. I would recommend performing them at least 3 x a week for 1 to 3 sets of 10-15 repetitions. There is no excuse. It only takes minutes to do.

Did you know: A [study](#) found that the forward lunge is one of the most effective exercises for working the hamstrings, gluteus maximus, and gluteus medius. The study found that the forward lunge activated these specific muscles more than body-weight squats, leg presses, and hip extensions.

Do it Right!
Exercises you Should Do

