

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

## Do Not Do Deep Forward Lunges

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

Deep lunges where the knee **does not** go past toes and stays over ankle is acceptable for some.

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

According to the US Navy when the knee joint breaks a 90 degree angle, as with a deep forward lunge, the knee joint moves past the lower portion of the leg. This motion places tremendous stress on the knee joint.



Sources: Navy Contraindicated Exercises and AceFitness