

## Functional Lunge #1



- Gentle step forward
- Bend at belly button
- Reach for the floor.
- Keep feet flat on floor, push up through front heel.
- Squeeze gluts as you return to start position
- Be sure to finish with good posture and looking straight ahead.

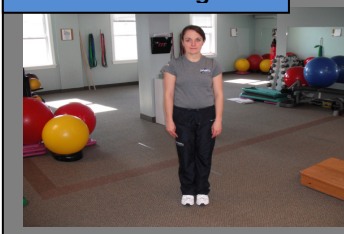
**5 reps  
Per leg  
Or  
10 total  
Per lunge**

## Functional Lunge #2



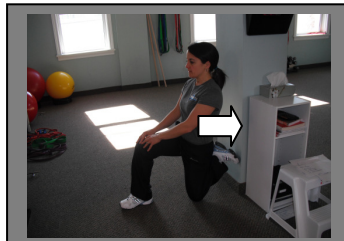
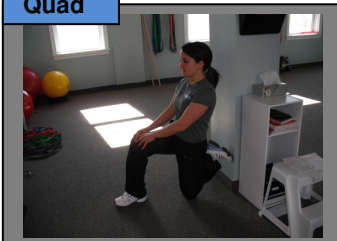
- Start position, good posture looking straight ahead.
- Gentle step to the side.
- Bend at hip and reach for toes.
- Keep toes pointed straight ahead.
- Push up through stepping heel.
- Squeeze gluts and return to start position.

## Functional Lunge #3



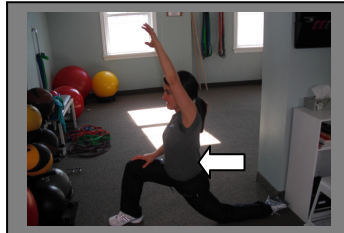
- Start position
- Step back about 125 degrees.
- Bend at hip.
- Keep feet flat on the ground.
- Reach for ground.
- Push through stepping heel.
- Squeeze gluts and return to start position.
- Return to start position.

## Quad



- Observe start position
- Draw in belly button
- Roll pelvis under (flattening back)
- Lean back.
- Hold for 20 sec./leg
- Repeat 3 times.

## Hip Flexor



- Lunge position.
- Draw belly button in.
- Move pelvis forward.
- Press back toe into the ground.
- Lift arm same side as trail leg slightly over head
- Hold for 20 sec./leg
- Repeat 3 times.

## Lower Back



- Lie on back.
- Pull both legs towards chest as you exhale for 5 seconds.
- Repeat 3 to five times.