

lunges

The lunge is a very functional exercise that gets incorporated into many exercise and rehabilitation programs. The lunge can be completed with good technique (resulting in a highly beneficial set of exercises) by remembering a few key points:

1. Legs at shoulder width, toes point forward

Pictures 1 and 1b show the correct position for legs and feet.

Line your second toe up with the centre of your front knee, keep your hips and shoulders level (pic 1b).

2. Maintain foot and leg position

As you lower yourself towards the ground by bending your knees, keep your feet, knees, hips and shoulders aligned (pic 2b).

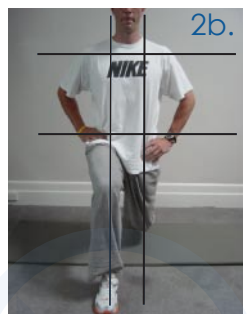
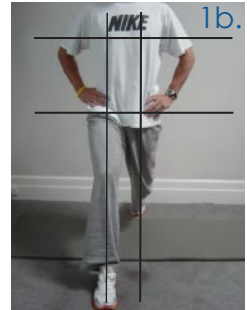
Ensure that you maintain neutral spine (see 'core stability') and do not lean forward during the rep.

3. Rear knee below body

Your rear knee should be below your body, running in-line with your back when you are at the bottom of your lunge.

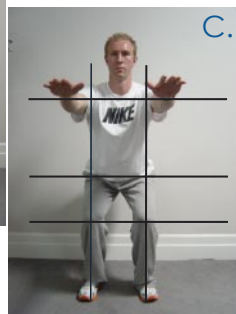
Remember: don't lean forward on the way up or down.

Lunges should not hurt. Please consult a health professional if you find lunges painful.



squats

Squats are in the same family as lunges. They are a very worthwhile exercise and can be completed correctly by following some simple points:



A. Neutral Spine

Start in neutral spine, arms in front at shoulder width.

B. First movement is backwards

Your first movement is backwards, like you are trying to sit on a chair behind you. Do not bend forward, keep your shoulders in line with your toes.

C. Alignment

Keep your knees and feet at shoulder width (don't touch your knees together), hips and shoulders parallel.