

Lunge – Butt Strengthening



Starting Position

- Stand in a scissor stance, one forward one foot back.
- Tighten your abdominal muscles.

Lower your back knee towards to the floor.

- Maintain the upright posture of your torso.
- Ensure your front knee does not move forward of your foot.
- Only go as low as you are comfortable.
- Aim for your back shin to be parallel to the floor.
- **Don't** touch the floor with your knee



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Option 1. Work one leg at a time by lowering your knee toward the floor and then returning to the upright start position.

Control the movement down and up, use your core! Remember at the top of the up movement squeeze your butt cheeks.

Do 12 movements on one leg then swap sides.
OR

Option 2. Alternate between left and right leg, aiming for 12 on each side.

Remember to breathe out as you lower your knee.

N.B. If any posture causes pain, stop the exercise and speak to someone at Windsor Chiropractor.