

05

Lunge/Squat Track

EXERCISE 5.1 Forward Lunges

Stand comfortably with your arms at your sides (figure 1). Maintain the neutral spine position and the co-contraction maneuver.

Slowly step forward with your right foot, approximately one stride length (figure 2).

Slowly lower yourself until your knee lightly touches the ground (figure 3).

Slowly raise yourself up again and return to the starting position. Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this. Repeat with the left leg.

Repeat _____ times on each side.



Figure 1



Figure 2



Figure 3

EXERCISE 5.2 **Backward Lunges**

Stand comfortably with your arms at your sides (figure 1). Maintain the neutral spine position and the co-contraction maneuver.

Slowly step backward with your right foot, approximately one stride length (figure 2).

Slowly lower yourself until your knee lightly touches the ground (figure 3).

Slowly raise yourself up again and return to the starting position. Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this. Repeat with the left leg.

Repeat _____ times on each side.



Figure 1



Figure 2



Figure 3