

Move of the Month

Lunge Backwards with Rotation

Starting Position:

1. Stand with your feet hip-width apart, holding a dumbbell or medicine ball directly in front of your chest.
2. Keep your shoulder blades pulled down and back and your core muscles engaged to ensure good posture.



Execution:

1. Take a large step straight back with one leg, finding your balance with your heel lifted.
2. As you bend your back knee towards the floor, make sure that your front knee stays in alignment with your ankle (does not travel forward over your toes).
3. While bending your back knee, rotate your torso towards the outside of your front knee without allowing your lower body to rotate (both of your feet, knees, and hips should still be pointing straight ahead).
4. Slowly return to the starting position and repeat on the other side.
5. Continue to alternate sides to fatigue. Rest and repeat additional set(s) if desired.

