

6 • LUNGE SET

PURPOSE

Helps to reestablish length in contracted legs (quadriceps) and inner thighs (adductors) after demanding workouts. Lunges can be an effective aid to counter minor cases of patellar tendonitis, strained adductors, and iliopsoas problems.

MOVEMENT

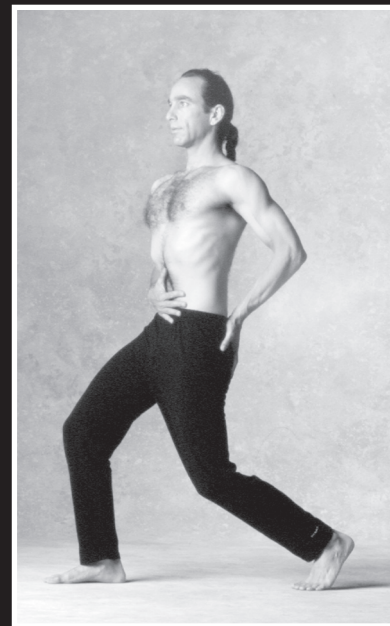
Part 1—Standing Lunge

1. Begin this set with your right foot forward and your left foot back.
2. Bend your back knee enough so that you can see the knee and upper thigh. The back heel will come off the ground.
3. Your front knee should be over but not in front of your front foot.
4. Place your right hand on your abdomen and your left hand on the back of your left hip.
5. Inhale, lift your chest, and extend your spine up. Exhale, move your lower abdominal area back, and rotate your hips to create a stretch in the thigh.
6. For three breaths use this subtle movement, keep your head relaxed. On each inhale, lift the chest. On each exhale, rotate the hips and create a stretch in the thigh of the back leg.
7. Continue part 2 and part 3 with the same leg back.

KEY POINTS

- Be aware of the tendency to compress the neck and sway the back.
- Avoid compression of the low back by keeping the weight of your upper body forward.

STANDING LUNGE

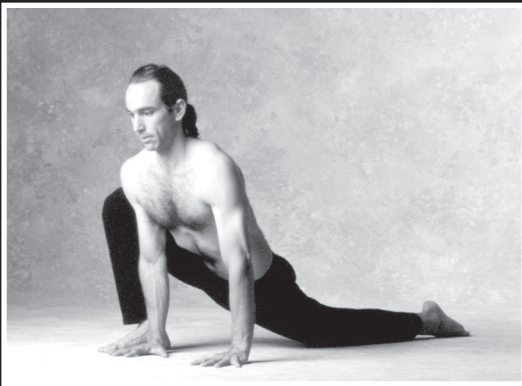


MOVEMENT

Part 2—Passive Lunge

1. Continuing from the standing lunge, lower your left knee to the ground, padding it with a pillow or cushion. Allow your hip to drop down.

PASSIVE LUNGE



2. Place your hands on the ground on the inside of your right foot. Remain in this position for five breaths.

KEY POINTS

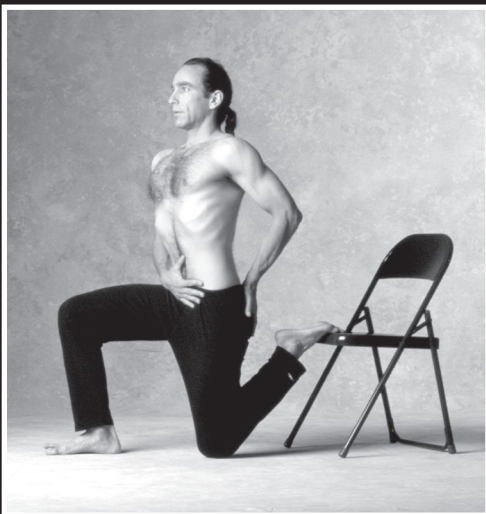
- Your right leg from your ankle to your knee is perpendicular to the floor.
- It is important not to extend your knee forward beyond this point.

MOVEMENT

Part 3—Kneeling Lunge

1. Begin with the top of your left foot on the edge of a chair or couch.
2. Put a cushion under your left knee and place your right foot forward. Your right knee should be over but not in front of the right foot.
3. Place your right hand on your abdomen and your left hand on the back of your left hip.
4. Inhale, lifting your chest and extending your spine.
5. Exhale, moving your lower abdominal area back. This rotates your hips to create a stretch in the thigh.
6. Stay five to eight breaths.
7. Repeat the complete lunge set with your left leg forward and right leg back.

KNEELING LUNGE



KEY POINTS

- Rotate the involved hip (back hip) inward.