

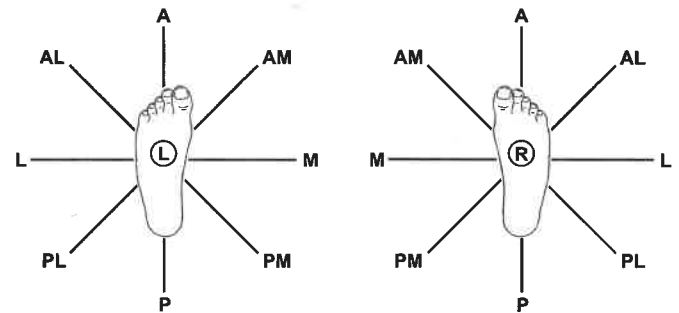
INSTRUCTIONS

This lunge matrix is a good warm up prior to a leg workout, or can be performed for more reps (5 or more) for a stand-alone leg workout. For all exercises, keep the knee of the lunging leg in-line with the toes, and maintain engagement of the core (abdominals, etc).

Start with 2 reps in the indicated direction, then move to the next direction. Do all the directions with one leg, then repeat with the other leg.

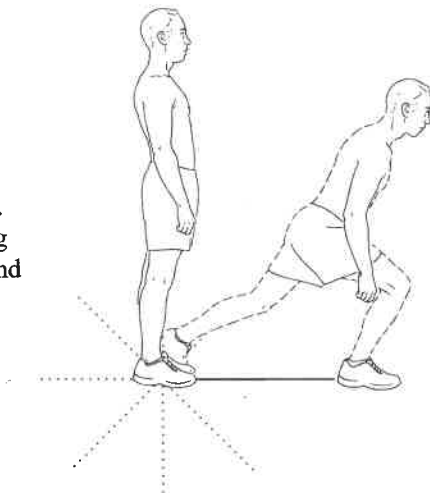
You can perform anywhere from 1-3 rounds per leg.

Foot / Direction Grid



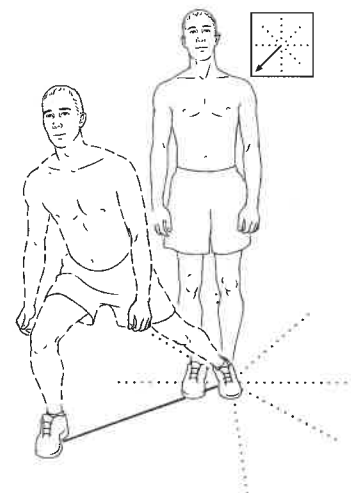
LUNGE - Anterior

Stand with equal weight on both feet. Lunge with right leg along A direction and return 2-5 times.



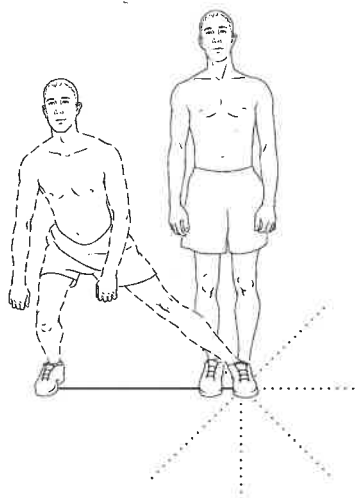
LUNGE - Anterior Lateral

Stand with equal weight on both feet. Lunge with right leg along AL direction, keeping foot forward, and return 2-5 times.



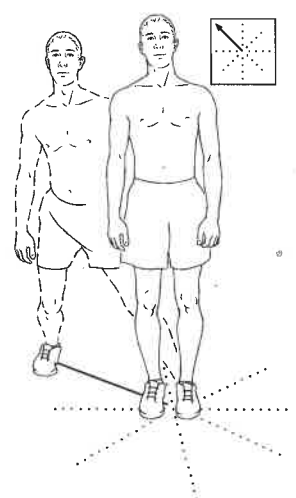
LUNGE - Lateral

Stand with equal weight on both feet. Lunge with right leg along L direction, keeping foot forward, and return 2-5 times.



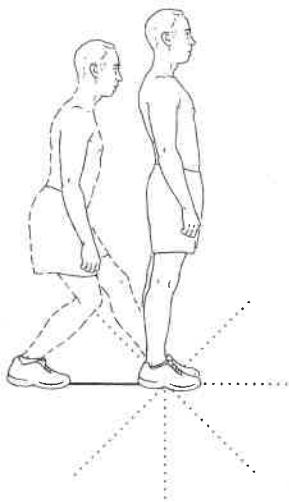
LUNGE - Posterior Lateral

Stand with equal weight on both feet. Lunge with right leg along PL direction, keeping foot forward, and return 2-5 times.



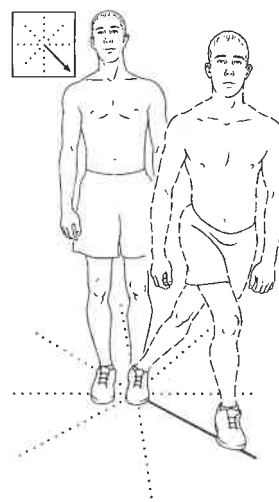
LUNGE -
Posterior

Stand with equal weight on both feet. Keeping left leg straight, lunge with right leg along P direction and return 2-5 times.



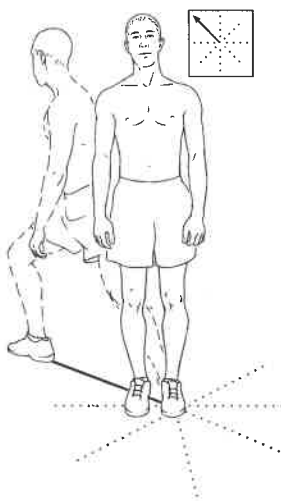
LUNGE -
Anterior Medial

Stand with equal weight on both feet. Lunge with right leg along AM direction, keeping foot forward, and return 2-5 times.



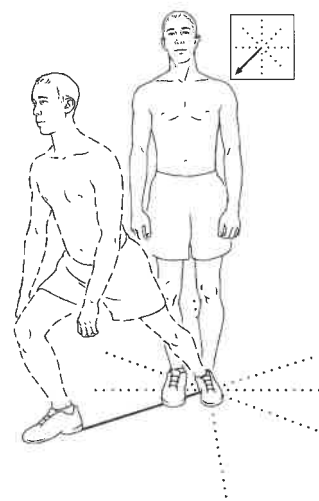
LUNGE -
Posterior Lateral Rotation

Stand with equal weight on both feet. Turn body and lunge with right leg along PL direction and return 2-5 times.



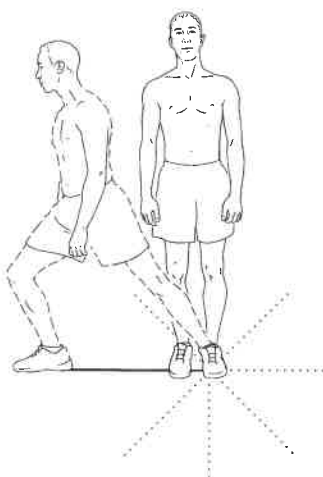
LUNGE -
Anterior Lateral Rotation

Stand with equal weight on both feet. Turn body and lunge with right leg along AL direction and return 2-5 times.



LUNGE -
Lateral Rotation

Stand with equal weight on both feet. Lunge with right leg along L direction, with foot turned that direction and return 2-5 times.



LUNGE -
Anterior Medial Rotation

Stand with equal weight on both feet. Turn body and lunge with right leg along AM direction and return 2-5 times.

