

Multi-plane Lunge Reaches

*LEADING FOOT ALWAYS STRAIGHT AHEAD,
KNEE LINED UP STRAIGHT WITH 2ND TOE OR SHOE POINT*

1. FORWARD LUNGE REACHES:

Switch between front stance to (R) lunge reach, then front stance to (L) lunge reach.

FEEL YOUR STOMACH

AND BACK “GIVE YOU POWER”! PRACTICE _____ MINUTES _____ TIMES/DAY.



2. SIDE LUNGE WITH OVERHEAD REACH:

Step forward and to the (R) side while reaching over head and bending your trunk sideways. Return to the middle, then Step forward and to the (L) side while reaching over head and bending your trunk sideways. **FEEL YOUR**

STOMACH AND BACK “GIVE YOU POWER”! PRACTICE _____ MINUTES _____ TIMES/DAY.

