

# VII) Lunge/Split Stance



# LOAD SHARING





# Lunges – p649



Flexibility: lunge stretch





# In Function





## Spiral Line





# TRAINING

1. Forward Lunge - arm tweak from Gary Gray
2. Angle Lunge - arm tweak
3. Reverse Lunges
4. Reverse Lunge with Slider
5. Reverse Lunge with Arc Trainer - Sandbag
6. Janda Falling Forward Lunge
7. Reverse Lunges with Reactive Bands
8. Rear Foot Elevated Split Squat



# 1. Is there sufficient co-contraction?

- ✦ Is there load sharing?
- ✦ Is she sparing the spine?
- ✦ Is there sufficient stability in the sagittal plane?





# Gary Gray “Tweakology”





## 2. Star Lunge “Tweakology”





# Pull - Push



No Resistance



Resistance



# Contralateral - Push



Ipsilateral - Pull

Dysfunction - ?



# Ipsilateral - Pull



PNF Diagonal -  
Sword



### 3. Reverse Lunges

- **Goal:** Maintain balance & stability while stepping backwards & kneeling on the floor



# Reverse Lunge off Step











0:12 / 0:13



**Lachlan Wilmot** @lachlan\_wilmot · 48m ▼

Great addition to any program,  
improving that terminal knee extension  
whilst adding an element of hip  
control to assist stance positioning



# Reverse Lunge w/ Slide Board





# Land Mine Reverse Lunges



benbrunottraining

5d





## 5. Reverse Lunge with Arc (Sandbag)



# 6. Janda Lunge





## 7. Reverse Lunge w/ H Pattern





# Terminal Knee Extension Correction





## 8. Rear Foot Elevated Split Squat

