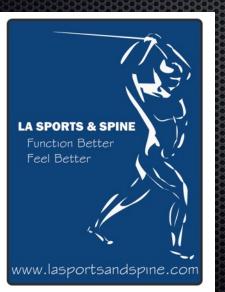
VII) Lunge/Split Stance





LOAD SHARING



Lunges - p649

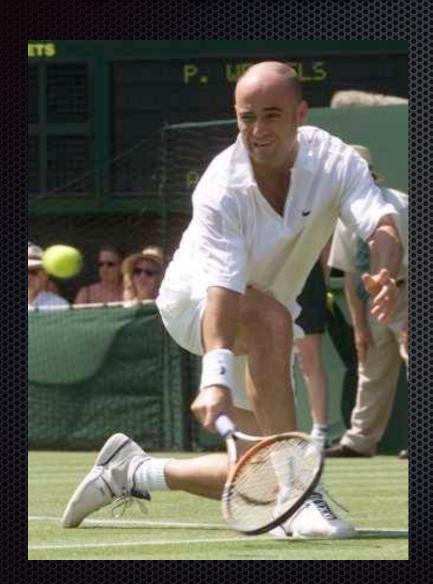


Flexibility: lunge stretch



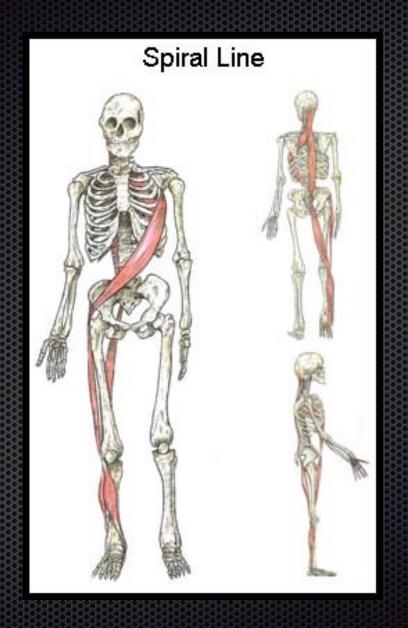


In Function









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

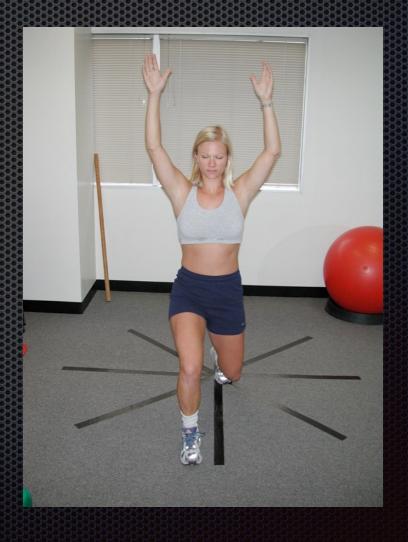
1. Is there sufficient co-contraction?

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

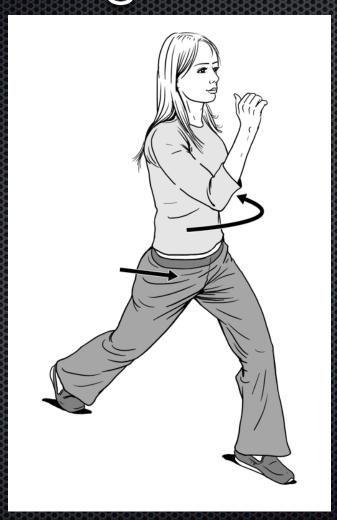


Gary Gray "Tweakology"





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













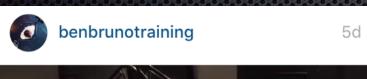
Lachlan Wilmot @lachlan_wilmot ⋅ 48m ✓
Great addition to any program,
improving that terminal knee extension
whilst adding an element of hip
control to assist stance positioning



Reverse Lunge w/ Slide Board



Land Mine Reverse Lunges







5. Reverse Lunge with Arc (Sandbag)

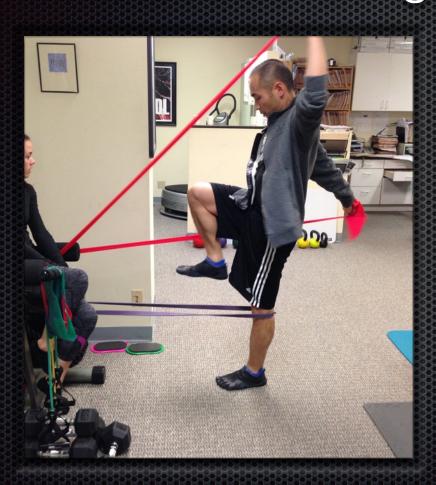
6. Janda Lunge





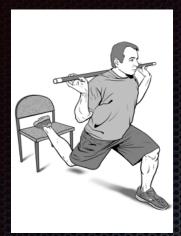


7. Reverse Lunge w/ H Pattern





Terminal Knee Extension Correction



8. Rear Foot Elevated Split Squat



