

Runner's Lunge



Description: Hip and Leg Stretch (flexibility & balance). Use this stretch to work on flexibility and balance and to lower your heart rate at the end of a workout.

Instructions

1. From a standing position with feet together, take a large step forward with your right foot.
2. Lunge forward placing hands on the ground on either side of your right foot.
3. You should feel the stretch in your hips and legs.
4. Hold the stretch for 30 seconds
5. Slowly bend your knees and return to a standing position.
6. Repeat with the left foot forward.

Tips & Modifications

- If you need help with stability, widen your base of support by spreading your feet out.
- You can also rest your back knee on the ground for more support.
- For more of a challenge, lift your hands off the ground or reach overhead.



Click here or scan the QR Code to the right to watch video instructions!

