

Personal Training by Robert J. Bovee

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LEG LUNGES (Straight Bar)

A. Emphasis. The primary muscles stressed in this movement are the muscles in your upper leg (hamstrings, quadriceps and buttocks). The secondary muscles stressed are your stomach muscles and lower back.

B. Starting Position. With the bar centered on your trapezius, hold the bar a little further than shoulder width apart. While keeping your back straight, step back from the rack until you are approximately **3 to 4** feet away.

C. Movement. Take a longer than normal step forward with your right foot. Take **2 to 3** seconds to lower your body down until your right ankle is straight up and down and the knee of your left leg lightly touches the floor approximately **4 to 6** inches behind your right heel. Drive backward off the right heel, returning to the starting position. Repeat with the left foot stepping forward.

D. Training Tips.

- 1) Keep your back as straight as possible throughout the entire exercise.
- 2) Be sure to keep your knee over your heel on the forward leg.
- 3) A more advanced version is to take a longer stride forward so your knee touches **6 to 8** inches behind your right heel.

E. Options.

- 1) A more advanced version of this exercise would be to step up on a box **8 to 10** inches high. This causes a deeper range of motion.
- 2) Instead of using the straight bar, you can hold dumbbells at your side. (Perform the exercise as stated above.)
- 3) Free form lunges can be performed using only your body weight for resistance. (Perform the exercise as stated above.)

F. Warning Tips.

- 1) You **must** keep your back straight throughout the entire movement. Failure to do so can result in serious injury to your back.
- 2) **Do not** lower your body any faster than **2 to 3** second. You must be in control at all times. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.