

Flying Lunge - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg

Muscle Secondary: Arm, Back, Shoulder

Difficulty: Easy

Other: Hip height, 1 Sling, Dynamic

Description

1. When the upper body is upright, one leg takes a big step forward. The front knee is flexed, while the back knee remains as stretched as possible. The arms perform a movement to the outside. 2. The front leg is strongly pressed from the ground and is placed back next to the leg with knee lift.

Advice

The upper body should not rotate.