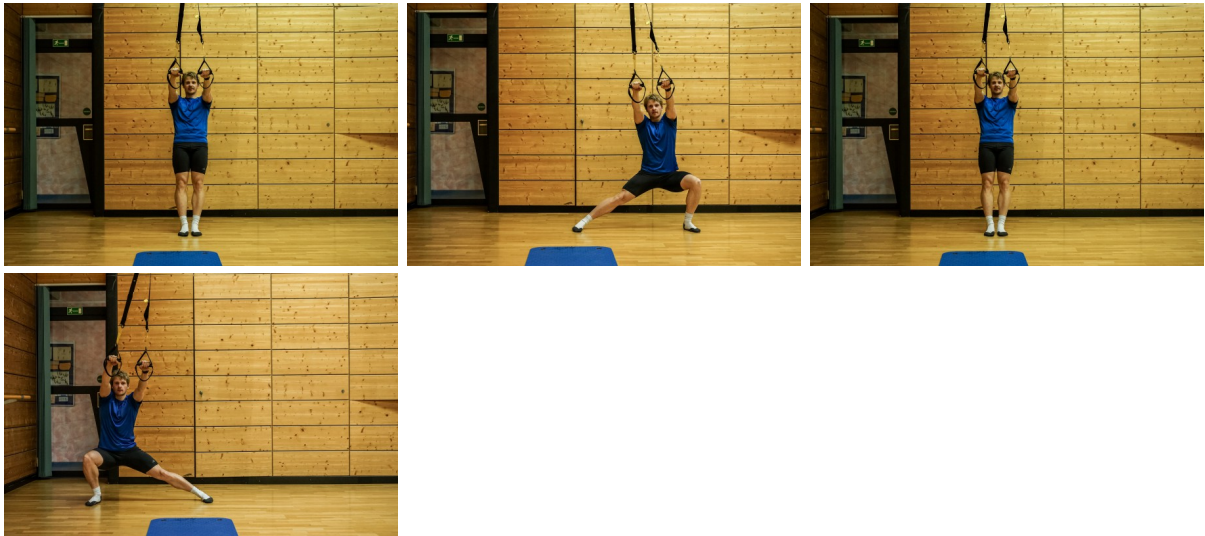


## Lunge sideways - Group: Lunge



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Leg, Butt

**Muscle Secondary:** Arm, Back

**Difficulty:** Difficulty level 1

**Other:** Shoulder height, 1 Sling

### Description

1. The leg on the outside is placed aside about 1 m from the other leg. The body weight is shifted so far until a slight tension in the inner thigh area of the stretched leg is felt. 2. Then the body is raised again.

### Advice

You should bend the attached leg a maximum of 90 ° in the knee joint. The longer the outstretched leg is held in the air, the higher the intensity.