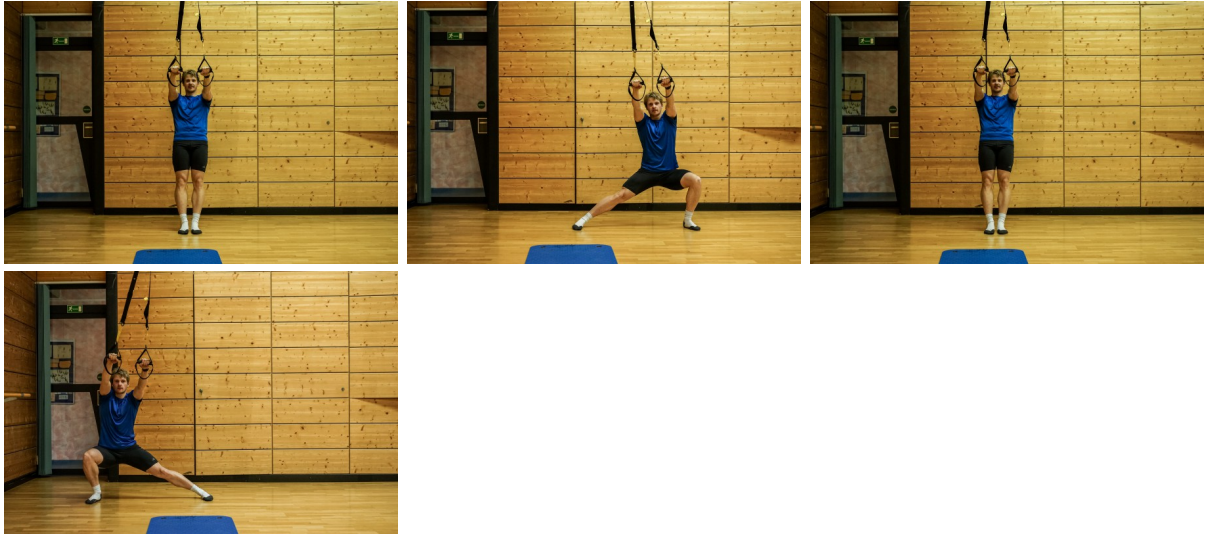


Lunge sideways - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg, Butt

Muscle Secondary: Arm, Back

Difficulty: Easy

Other: Shoulder height, 1 Sling, Dynamic

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.