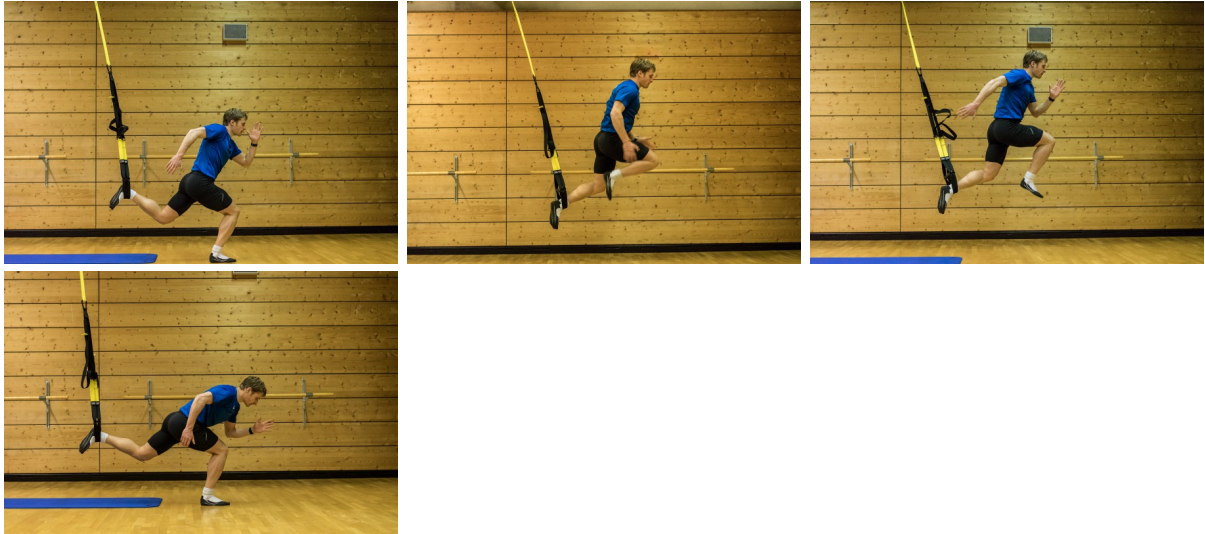


## Lunge - Jump - Group: Lunge



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Leg

**Muscle Secondary:** Back, Butt

**Difficulty:** Medium

**Other:** Knee height, 1 Sling, Dynamic

### Description

1. The leg attached in the loop is guided backwards, while the upper body remains upright. Both knees are flexed and the body lowered backwards. 2. From this position the pillar is stretched explosively, in parallel, the other knee is tightened to waist height. The arms make a corresponding compensation movement. The landing takes place on the stretched leg, then the leg is guided backwards in the loop and the leg is bent.

### Advice

The upper body should not rotate. The "loop leg" should always be in line with the suspension point. The farther you are from the central suspension point, the greater the tensile load and the more intense the exercise.