

Lunge

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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.

Lunge - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg

Muscle Secondary: Back, Butt

Difficulty: Easy

Other: Knee height, 1 Sling, Dynamic

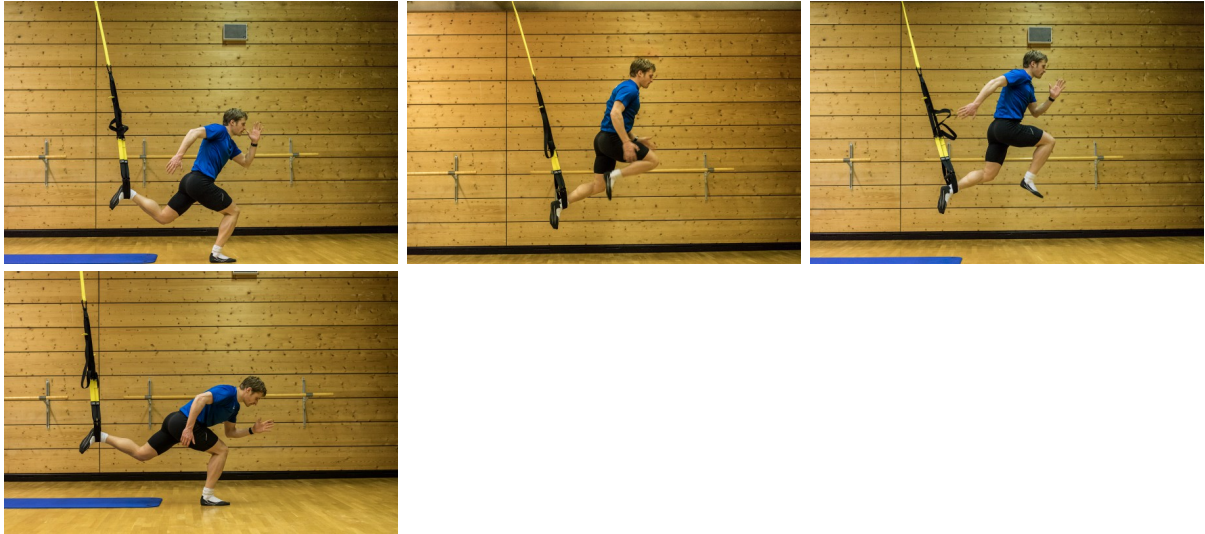
Description

1. The leg attached in the loop is guided backwards, while the upper body remains upright. The front knee is bent, the back held as stretched as possible and the body lowered backwards. 2. From this position, the leg is stretched.

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.

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

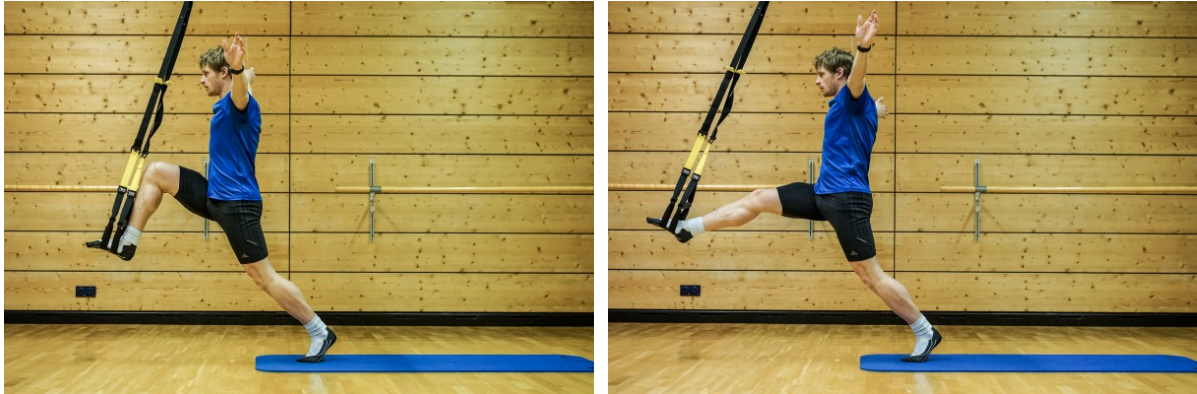
Description

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.

Lunge II - Free - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg

Muscle Secondary: Back, Abdominis

Difficulty: Medium

Other: Knee height, 1 Sling, Dynamic

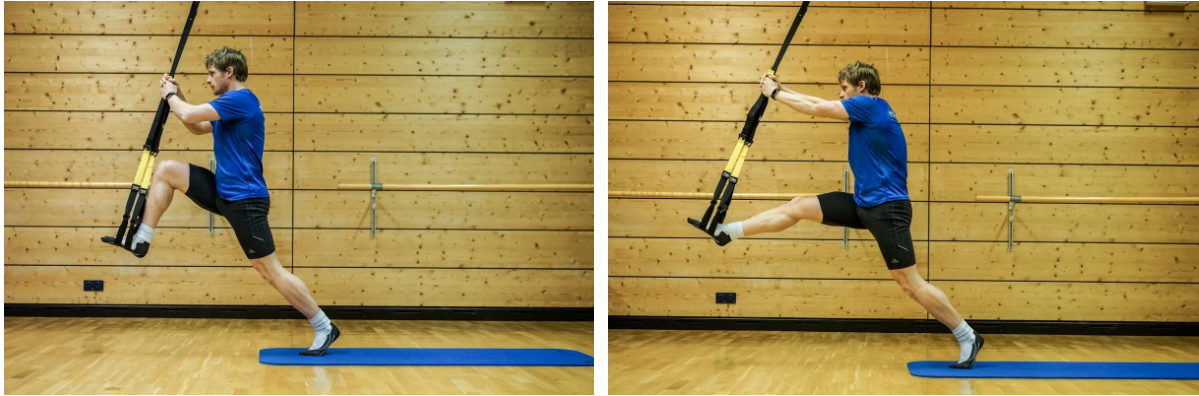
Description

1. The leg attached in the loop is led forward, while the upper body remains upright. The front knee is bent, the back held as stretched as possible and lowered the body forward and down. 2. The body is returned to its original position.

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.

Lunge II - Hold - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg

Muscle Secondary: Shoulder, Arm, Abdominis

Difficulty: Easy

Other: Knee height, 1 Sling, Dynamic

Description

1. The leg attached in the loop is led forward, while the upper body remains upright. The front knee is bent, the back held as stretched as possible and lowered the body forward and down. 2. The body is returned to its original position.

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.

Lunge reverse - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg, Butt

Muscle Secondary: Arm, Back, Shoulder

Difficulty: Easy

Other: Hip height, 1 Sling, Dynamic

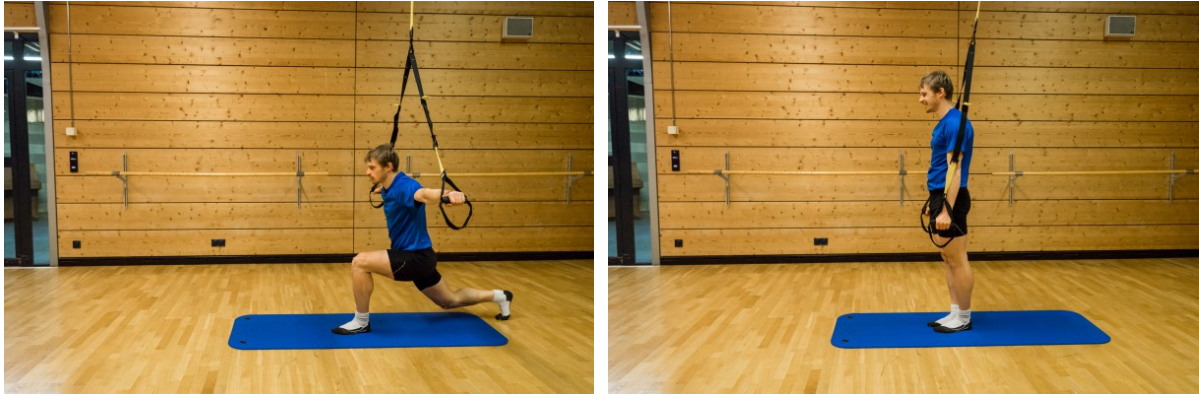
Description

1. When the upper body is upright, one leg is guided backwards. The front knee is flexed, while the back knee remains as stretched as possible. The arm in the slings is guided forward. 2. The back leg is returned to the leg.

Advice

The deeper you lower the buttocks, the more intense the exercise becomes.

Lunge reverse - Fly - Group: Lunge



Tags

Type of exercise: Partial body exercise, Strength exercise

Number of persons: One

Muscle Primary: Leg, Butt

Muscle Secondary: Shoulder, Back, Arm

Difficulty: Easy

Other: 1 Sling, Hip height, Dynamic

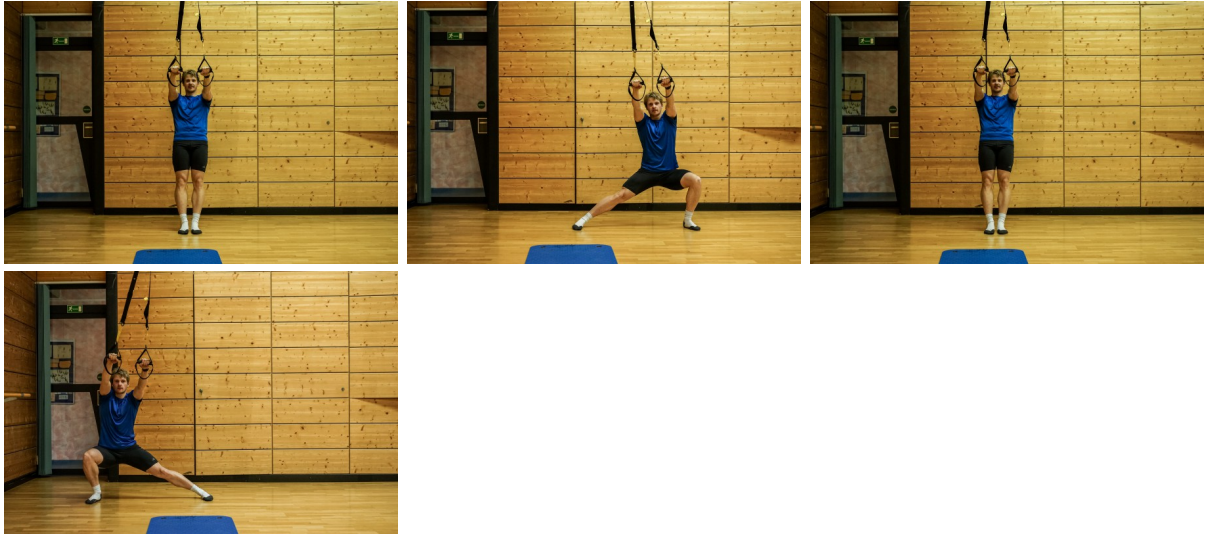
Description

1. When the upper body is upright, one leg is guided backwards. The front knee is flexed, while the back knee remains as stretched as possible. The arms in the slings are guided outwards. 2. The back leg is returned to the leg.

Advice

The deeper you lower the buttocks, the more intense the exercise becomes.

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.