



ELITE PERFORMANCE SERIES

# Strength & Power Training



## Lunges

### Purpose:

- Strengthens the gluts, quads and hamstrings

### Start/Finish Position:

- Start in an athletic stance
- The bar is grasped with an open pronated grip resting behind the neck and shoulders

**YES**    **NO**

<input type="checkbox"/>	<input type="checkbox"/>
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### Phase I:

- Lead leg steps forward keeping knees aligned and toes pointed forward
- Lower body by simultaneously flexing at the hip, knee and ankle
- Lower knee until just above the floor
- Do not bounce the knee
- The trunk is vertical and eyes look forward

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### Phase II:

- Push off forcefully from floor with lead leg
- Knees aligned with the floor and toes pointed forward
- Maintain vertical trunk

<input type="checkbox"/>	<input type="checkbox"/>
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### Variations:

- Backward
- Lateral
- Lunge onto balance device