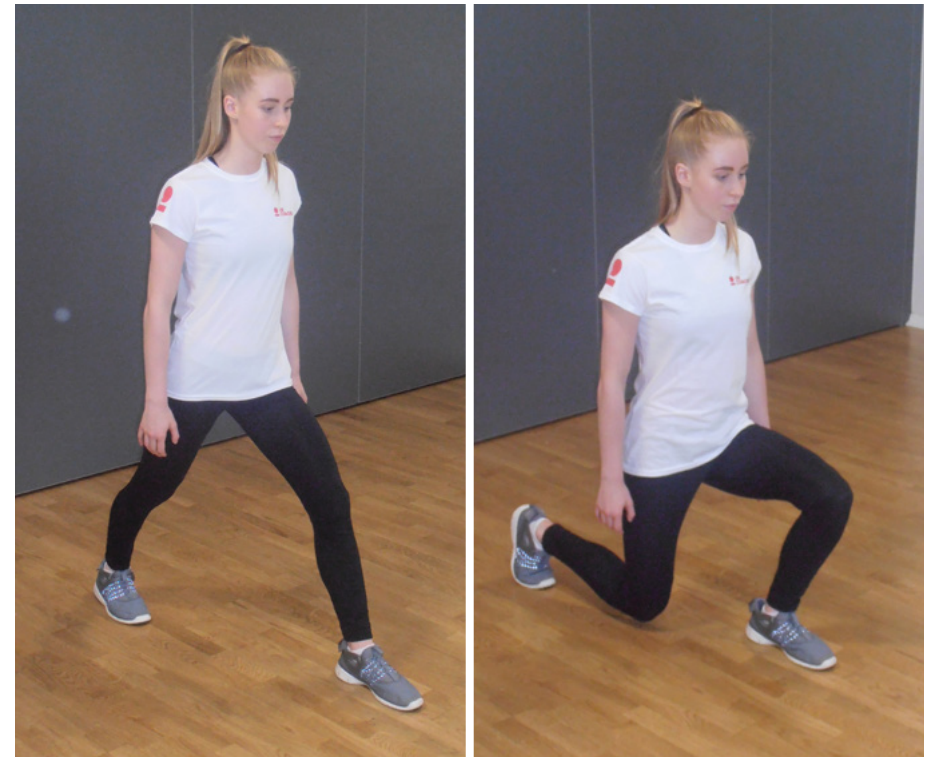


Lunge



Coaching Points...

1. Spine - Trunk in proper alignment
2. Ankle/Knee Hip Alignment
3. Hips - Step forward without any hinging of torso at hips (torso should remain vertical from side)
4. Knees - Lift knee without any lateral shift in hip or trunk. Keep shin of trail leg steady e.g no turning out or in during pull-through
5. Land and return in smooth balance.
6. Feet - feet hip width apart when viewed from the front



THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



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