

Lunge with a Twist

Purpose: Combination exercise to for the lower body and core

Target Muscles: Quadriceps, hamstrings, glutes, oblique abdominals

Assisting Muscles: Lower back, calf, hip flexor, biceps

Equipment Needed: Medicine ball or dumbbell

Start: Begin standing with good posture, feet together. Clasp both hands around a weighted medicine ball or a dumbbell. Bring the weight up to chest height and hold it here throughout the entire exercise.

Prep: Step back with the left foot. Balance your weight between the front (right) foot and the ball of the back (left) foot. The heel of the back foot is raised. Keep holding the weight at chest height.

Lunge: Slowly lower the body by bending the back and front knees to create a 90-degree angle at both knee joints. Engage the core to support good upper body posture and avoid leaning the torso forward or back.

Twist: With the weight still level with your chest, contract the abdominal oblique muscles to rotate over to the right side. Rotation occurs from the waist up and moves toward the front knee. The muscles of the thigh work to stabilize the lunge position and hold the hips center.

Repeat: Rotate the torso back to center and press through your front foot to rise up and bring the back (left) foot together to start position. Repeat all four movements alternating the right and left foot stepping back.

Modification

Instead of alternating the lunge, step back with one foot and complete all repetitions by continuing movements 2-4 on one side. Then repeat on the other side. You can also do this exercise with no weight, clasp the hands together at chest height. As you get comfortable with the exercise and improve balance, add a light weight and gradually increase.

