

Uncommon Lunge Matrix

Step 1: Begin with feet shoulder width apart. Bringing one leg backwards, bend knees and perform posterior lunge. Back heel should lift off the floor.



Step 2: Beginning from shoulder width stance, bring leg forward, reaching across body and turning toes inward and perform forward lunge. Back heel may come off floor.



Step 3: Beginning from shoulder width stance, bring leg forward, reaching further across body and turning toes inward and perform forward lunge. Back heel may come off floor.

