

# Lunge Test

## Corrective Exercises:

See Core Training in **Appendix A**

See Lower Body Flexibility in **Appendix B**

### One Leg Step Up

Start with your right leg up on a bench or chair and your left leg on the ground. Keep your core strong and push through your right foot that is on the bench to bring yourself up onto the bench. Lower your left foot back to the ground slowly, and controlled, using your right glute and hamstring muscles. Repeat for 10 reps or until fatigued on one side, and then perform the same number of reps on the opposite leg. Once you are able to do 20 reps per side you can talk to your Club Fit coach about adding weights in your hands to make the exercise more challenging.

