

Forward Lunge with Reach

~Let Hope Be Your Guide to Health

Forward Lunge with Arm Reach

With the core tight raise one leg of the floor and lunge forward being sure to not take the knee in front of the ankle. As you lunge forward, bend forward at the waist with the spine completely straight and the arms extending forward. When you are done, push off of the ball of foot to bring extended leg back to regular standing position.

