

## THE MOVE forward lunge

**The Movement:** Forward Lunge

**Starting out:** Place your hands on your hips and take a large step forwards. Keep your trunk area as upright and straight as possible. Ensure that both legs are slightly bent.

**The Move:** Slowly lower your body downwards with upperbody remaining tight. Your back foot should lift up at the end of the movement, so only the tips of your toes of the back leg are in contact with the ground. When in the lunge, the anterior thigh has to stabilise or be slightly less than horizontal. At the bottom of the movement your front leg should be bent at a 90 degree angle.

**Muscles Targeted:** Gluteus Maximus and Quadriceps.

### BEGINNER?

As this movement requires a good sense of balance, it is recommended for beginners to start with no weights.



**FORM TIP:**  
Keep your focus ahead of you.

**FORM TIP:**  
Keep your trunk straight by keeping your abdominals contracted and back upright.

**FORM TIP:**  
Do not allow your knees to go over your toes.

### VARIATIONS TO THE MOVE Intermediate / Advanced

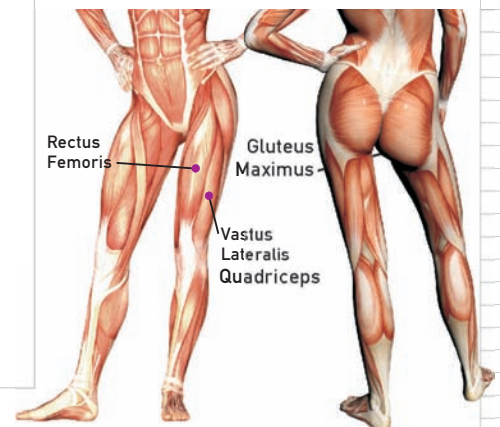
This exercise can be performed with dumbbells held either side or with a barbell on the shoulders, behind the neck. If you want to add intensity to your lunges, using added weights is one way



A barbell distributes the weight more evenly across your shoulders so you can lift heavier than you may be able to with dumbbells. To keep this move safe, only use a weight you are comfortable with.

### what it works >>

This movement focusses predominantly on your Gluteus Maximus and Quadriceps. Main stabilising muscles involved are: Your Trunk / Abdominal Group, Hips and Lower Legs



## THE MOVE

# plie squats



**FORM TIP:**  
Don't lock your knees at the top of the movement, keep constant tension by keeping them bent



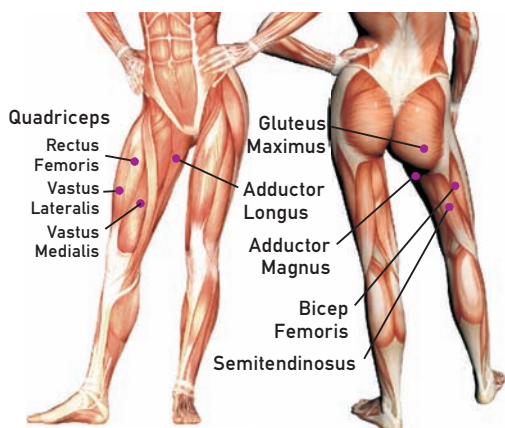
**FORM TIP:**  
Keep your trunk straight by keeping your abdominals contracted and back upright.

### BEGINNER?

If you find it difficult to perform this exercise with a weight, attempt it without weights to ensure you have proper form.

### what it works >>

This is a great movement for your Gluteus muscles, Adductors, Hamstrings and Quadriceps, varying your foot position determines which muscles are more engaged. With toes pointed outwards more, you will engage your inner thigh muscles more (adductors). With feet shoulder width apart and toes pointed more forward you can target your Quadriceps better.



### The Movement: Plie Squat

**Starting out:** Begin with a wide stance with your toes pointing outwards. To add to resistance select a comfortable weight that will allow you to perform the exercise properly.

**The Move:** Lower yourself into a squat position, keeping your knees in line with your toes. Keep your abs contracted and your back straight throughout the movement. Lower your body so that your thighs are parallel to the floor, go as low as you can without compromising your form. Pause at the bottom of the movement before pushing back to the start position. Once you have returned to the start position, do not lock your knees

**Muscles Targeted:** Adductors, Gluteus Maximus and Quadriceps.

### VARIATIONS

#### Foot positioning

Plie squats involve a variation of foot placements you can use to target your legs in different ways.



Toes pointed outwards more will target your inner thigh muscles (adductors) more than traditional squats.



Toes pointed forwards will target your Quadriceps more.