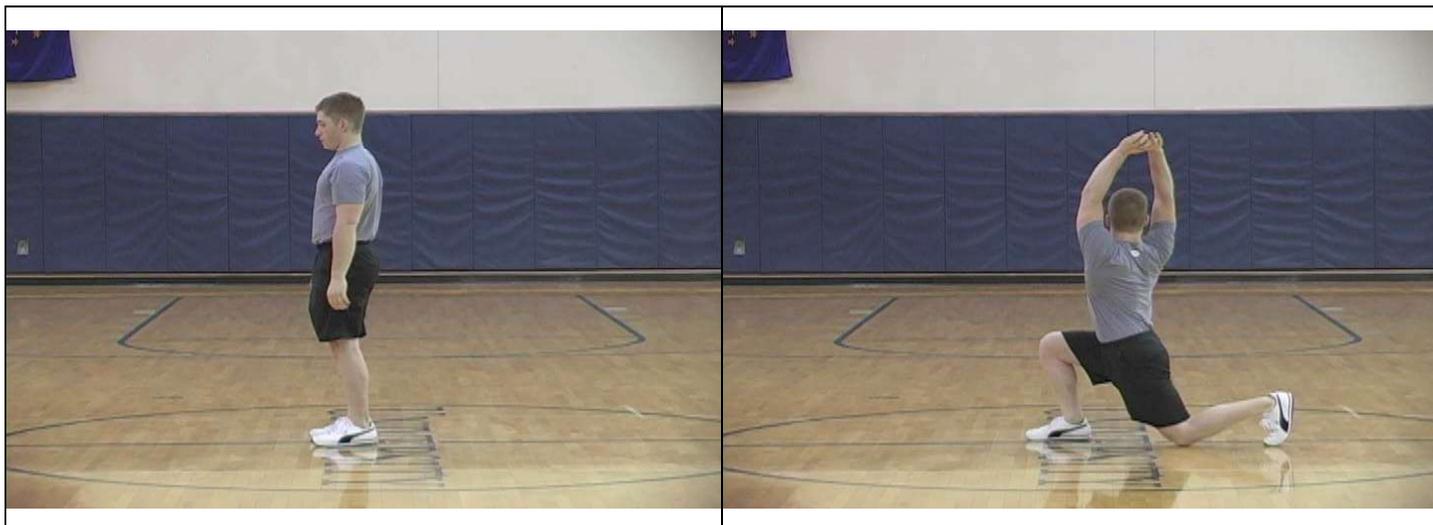


3.4 – REVERSE LUNGE WITH POSTEROLATERAL REACH



| | |
|--------------------------------------|---|
| <p><u>Purpose</u></p> | <ul style="list-style-type: none"> ▪ To improve length of the hip flexors without using the lower back. ▪ To integrate hip mobility with thoracic spine rotation. |
| <p><u>Set-up</u></p> | <ul style="list-style-type: none"> ▪ Stand up tall with your chest out and feet together. ▪ Gently brace the core – this will ensure you’re stabilizing your lumbar spine. |
| <p><u>Performance</u></p> | <ul style="list-style-type: none"> ▪ Take an exaggerated step backward, keeping the majority of your weight on your front heel. ▪ Drop down into the lunge position, while simultaneously reaching up and back with the opposite arm over the lead leg. ▪ Push through the heel to reverse the momentum and return to the starting position. |
| <p><u>Coaching Points</u></p> | <ul style="list-style-type: none"> ▪ Keep the chest up and out, and the core tight. ▪ Make sure to rotate from your thoracic spine (upper back) versus your lumbar spine (lower back). |