

### 1.4 – HIGH KNEE WALK TO FORWARD LUNGE



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve unilateral hip flexion while integrating stability from the opposite foot and hip.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Stand up tall; think about a rope pulling your head and body upwards to lengthen you.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Take a step forward; while stepping, flex your right hip and knee.</li> <li>▪ Grab your shin and pull your knee to your chest.</li> <li>▪ From this flexed position, take the elevated leg and lunge forward.</li> <li>▪ Step up and repeat on the opposite leg.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Focus on keeping your chest up and back flat throughout.</li> <li>▪ Don't allow the chest to cave, or the lower back to round.</li> </ul>