LATERAL LUNGE - DIFFICULT

DIFFICULTY: DIFFICULT – REQUIRES BALANCE
TYPE: CONDITIONING
GOAL: CORE STRENGTH

PROCEDURE
1. Begin from a standing position with a small space between your feet. Use a chair, counter, wall or other stable support if needed for balance and safety.
2. Step to the side with one foot, while bending your opposite knee in a lunging position.
3. As you do this motion, perform a Kegel squeeze while you are lowering your buttocks towards the floor. Keep your knees in line with your toes throughout the motion.
4. Extend your arms forward each time you bend as a counterbalance, or hold onto your support if needed.
5. Hold for 2 seconds.
6. Return to the starting position, releasing your pelvic floor muscles as you do.
7. Repeat for the opposite site.
8. Repeat 10 times.
9. Complete 1 set 4 times a week.