



## Forward Lunge to Instep

### **Starting position:**

Standing, feet shoulder width apart.

### **Movement:**

Step forward with one leg, supporting weight through your heel. Bend your front knee to 90 degrees and gently tap the ground with your back knee. Be careful to make sure your front knee does not go past your toes. With the same sided elbow, touch the instep of your front foot. Place both hands on either side of your front foot and press your hips up and back as you reach your toes up to feel a stretch in you legs. Raise your hands up, step your back foot forward and repeat on the opposite side.

Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ X/day