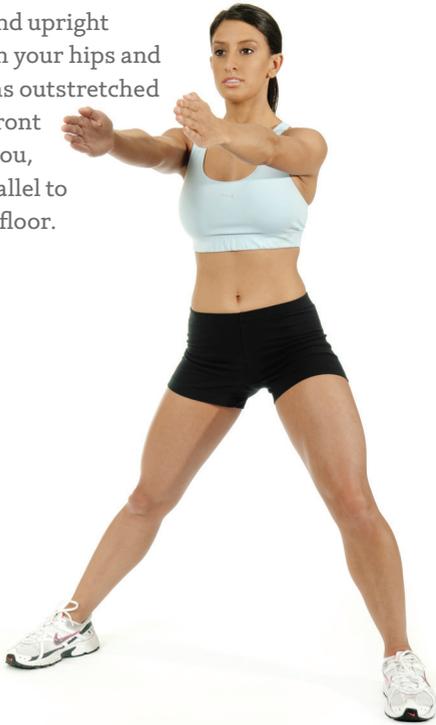


# LATERAL LOW LUNGE

## CORE STRENGTH

- 1 Stand upright with your hips and arms outstretched in front of you, parallel to the floor.



## DO IT RIGHT

### LOOK FOR

- Your spine to remain neutral as you bend your hips.
- Your shoulders and neck to remain relaxed.
- Your knee to align with the toe of your bent leg.
- The gluteal muscles to be tight as you bend.

### AVOID

- Craning your neck as you perform the movement.
- Lifting your feet off the floor.
- Arching or extending your back.

- 2 Step out to the left. Squat down on your right leg, bending at your hips, while maintaining a neutral spine. Begin to extend your left leg, keeping both feet flat on the floor.
- 3 Bend your right knee until your thigh is parallel to the floor, and your left leg is fully extended.
- 4 Keeping your arms parallel to the ground, squeeze your buttocks and press off your right leg to return to the starting position, and repeat. Repeat sequence ten times on each side.



## QUICK GUIDE

### TARGET

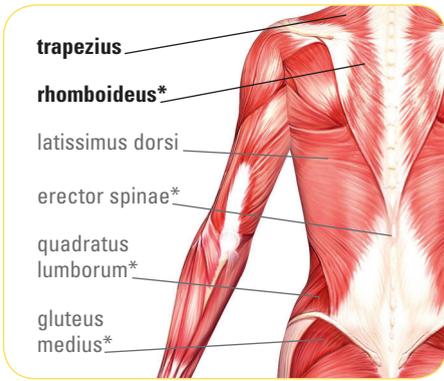
- Gluteal and thigh muscles

### BENEFITS

- Strengthens the pelvic, trunk, and knee stabilizers

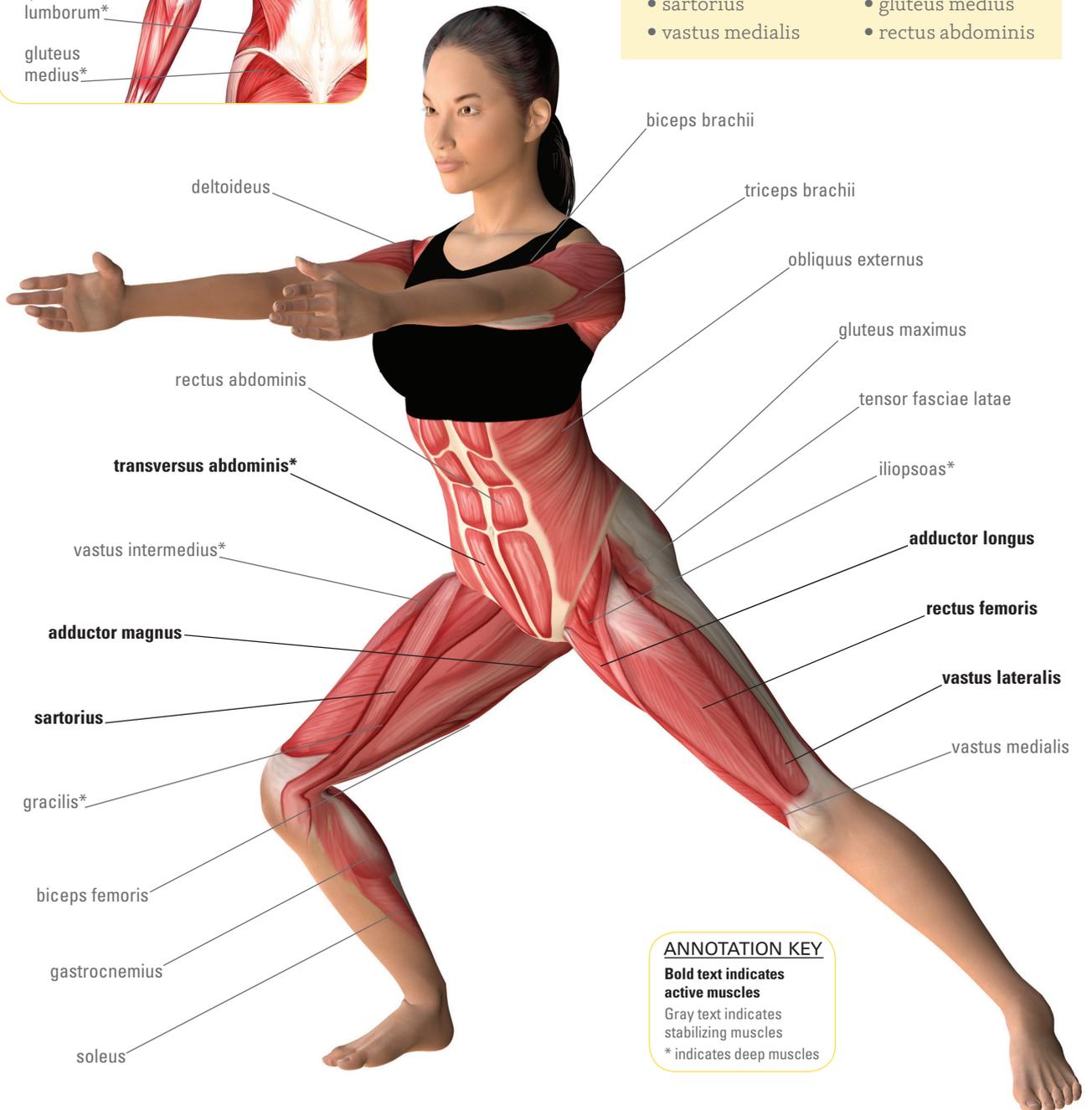
### NOT ADVISABLE IF YOU HAVE

- Sharp knee pain
- Back pain
- Trouble bearing weight on one leg



## BEST FOR

- adductor longus
- adductor magnus
- semitendinosus
- semimembranosus
- biceps femoris
- sartorius
- vastus medialis
- vastus lateralis
- vastus intermedius
- rectus femoris
- gluteus maximus
- gluteus medius
- rectus abdominis



### ANNOTATION KEY

**Bold text indicates active muscles**

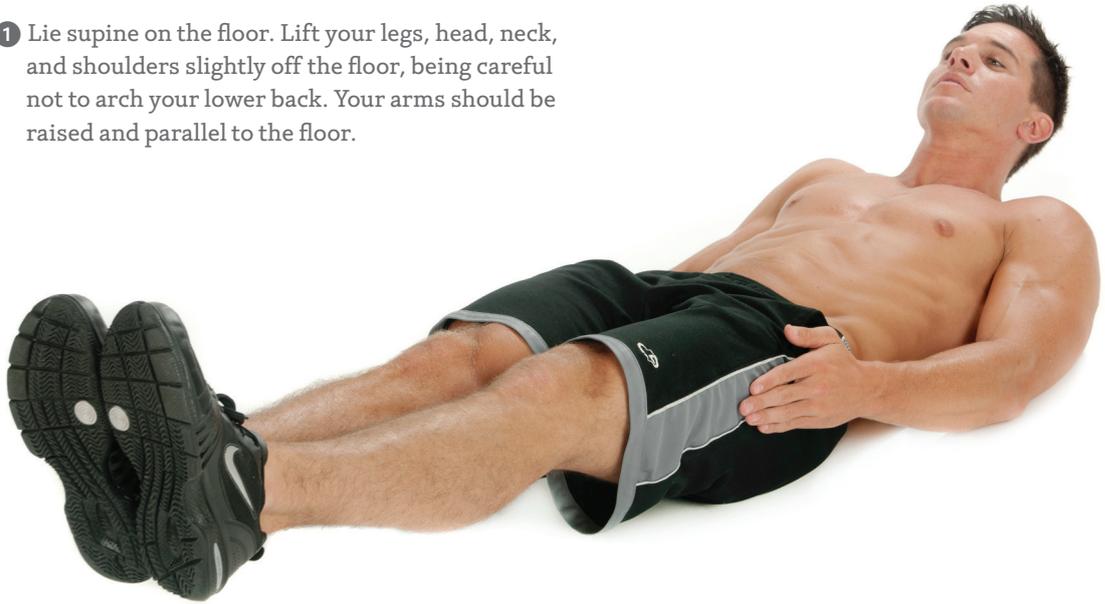
Gray text indicates stabilizing muscles

\* indicates deep muscles

# LEMON SQUEEZER

## CORE STRENGTH

- 1 Lie supine on the floor. Lift your legs, head, neck, and shoulders slightly off the floor, being careful not to arch your lower back. Your arms should be raised and parallel to the floor.



### BEST FOR

- rectus abdominis
- obliquus internus
- obliquus externus
- transversus abdominis
- tensor fasciae latae
- vastus intermedius
- rectus femoris
- vastus medialis
- iliacus
- piriformis
- iliacus

- 2 Pulling your knees in toward your chest, reach your arms forward to your ankles, so that your torso lifts completely off the floor.



- 3 Slowly open up, lengthening your legs and lowering your torso back to the starting position.
- 4 Repeat the motion without completely lying down on the mat. Repeat fifteen times for two sets.

## QUICK GUIDE

### TARGET

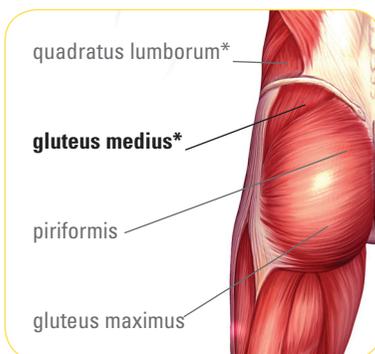
- Abdominals

### BENEFITS

- Increases abdominal endurance
- Strengthens hip flexors

### NOT ADVISABLE IF YOU HAVE

- Lower-back pain

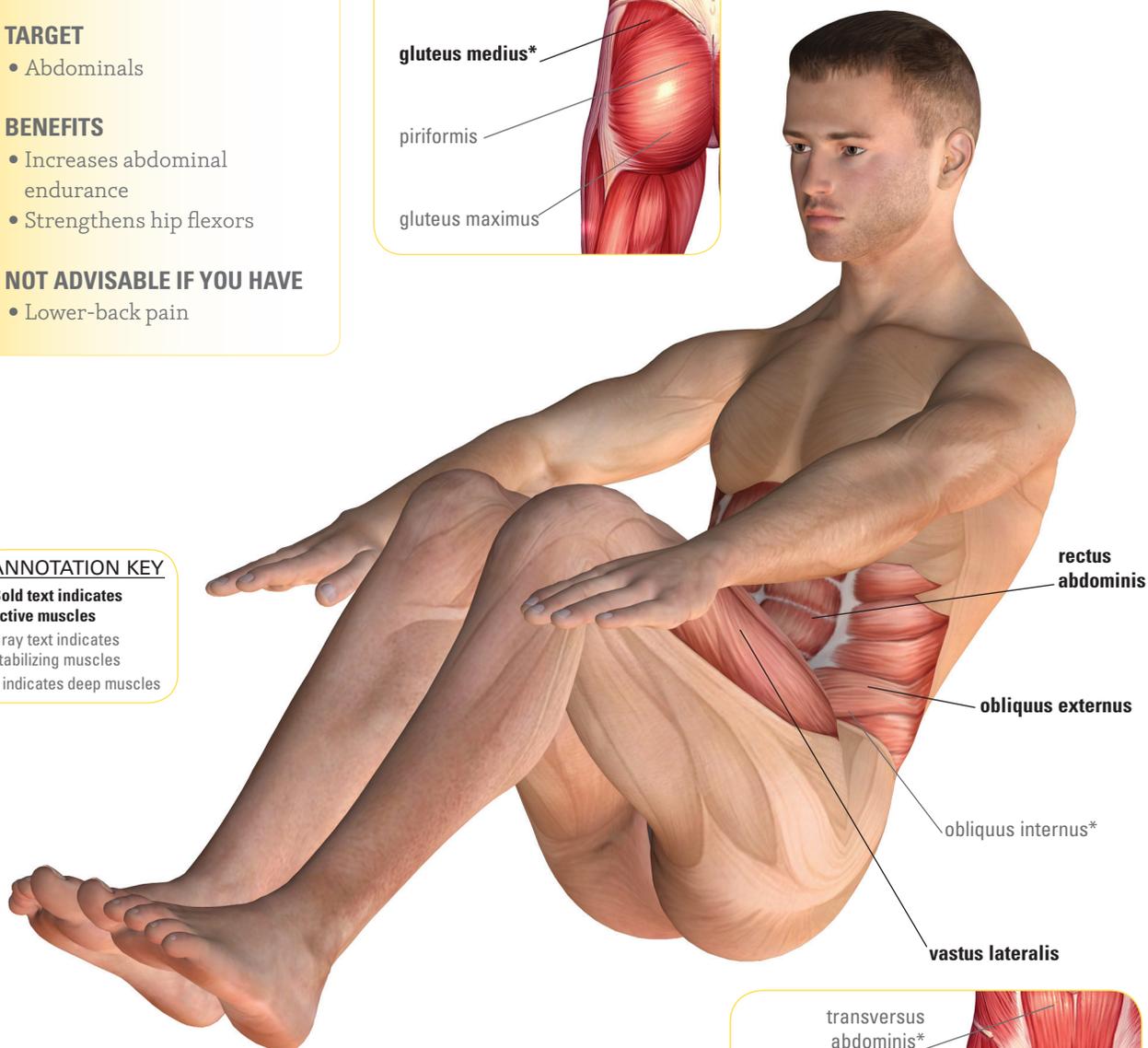


### ANNOTATION KEY

**Bold text indicates active muscles**

Gray text indicates stabilizing muscles

\* indicates deep muscles



## DO IT RIGHT

### LOOK FOR

- The chin to remain tucked.
- Your thigh muscles to be firm throughout the exercise.

### AVOID

- Allowing your shoulders to lift up toward your ears.

