

WEEK 5: Walking Lunges with Abdominal Twist

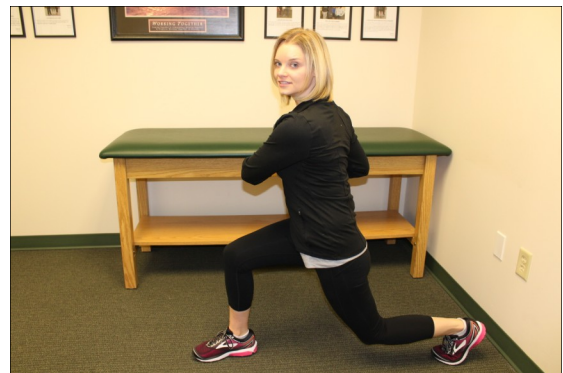
Be sure to check with your physician or healthcare provider to make sure you're cleared to do these workouts. If you have any pain during these workouts, STOP IMMEDIATELY and contact us at 703-450-4300.

Walking Lunges with Abdominal Twist:

- Begin standing.
- Lunge your right foot forward and gently bend your knees, lowering into a lunge.
- Keep your left knee elevated (i.e. don't let it touch the floor).
- Don't let your front knee bend over your toes. Your knee should be in line with the middle of your foot so you don't put too much stress on your knees.
- Clasp your hands together and rotate your hands and torso toward your right side, keeping your abdominals tight, then rotate back to the center.
- Stand up and step your left foot through to a left-sided lunge, alternating your lunges from one foot to the next as you walk across the room.
- Continue rotating your torso to each side with each lunge.
- Perform your walking lunges across the room (or down the hallway) for approximately a 20-foot distance.
- Turn around to repeat back to your starting point.

For added resistance, hold weights or water bottles as shown.

Perform this exercise two times a week in addition to the other moves you've learned.



At Loudoun Sports Therapy Center, it's our goal to help you live a healthy, active, pain free lifestyle. We want to help you achieve your goal of core strength. If you experience any pain or problems along the way, call our office at [703-450-4300](tel:703-450-4300) to schedule your FREE ASSESSMENT with one of our physical therapists.