



## the fix program®

### Deep Lunges

#### Starting Position

- Place your right leg out in front of your left, about 70cm to 1 metre apart depending on your height. Have both feet facing forward and parallel
- Raise your back heel as far off the ground as you can, weight bearing through the ball of this foot
- Centre your weight evenly between through both legs
- Place your hands on your front hip bones

#### The Movement

- Breathe in to prepare, breathe out drawing the navel to spine and lifting the pelvic floor,
- Inhale again and bend your right knee, lowering down into a deep lunge so the back knee is about 10-15cm from the floor
- Have your weight mainly through your back leg and keep your back heel high off the ground
- Hold the position for a beat,
- Breathe out and come back up squeezing the back buttock, keeping the navel to the spine and lifting the pelvic floor
- Repeat 5 times on each leg

#### Hot Tips

Make sure that your front knee is aligned with your 3rd toe and don't roll the knee inwards

Don't let your front knee come forwards over your toes, rather put your weight through the back leg

Try and keep your pelvis in the neutral position, it might try and tilt under!

Keep your chest open and neck relaxed  
Try not to poke the chin forwards or lean the trunk forwards as you bend

Hold onto the wall at first if you're having balance troubles

