

# 30 DAY LUNGE CHALLENGE

Lunges work the large muscle groups in the legs, and they require balance, and strength along with stability to perform properly. Lunges help improve hip flexibility, strengthens the knees and requires core strength!

Lunges are great for improving balance because you are working each leg separately in different ways! There are also many different types of lunges that can all help improve balance and muscle tone and development.

Over the next 30 days we will be working through various types of lunges to help with strength, balance and MORE!

General Form Tips for Lunges:

1. Keep the front foot heel flat to the ground: Your weight should be concentrated in the centre of the body and through the heel of your front foot. You should not have the front heel lifted during any form of lunges.
2. Straight Spine: there is sometimes a tendency to lean forward in a lunge, but this should be avoided as much as possible. Core and glute strength will build overtime allowing your shoulders to stay over your hips.
3. Aim for both knees to be at 90 degrees: This is especially true of the lead leg, which should always aim to be at a 90 degree. The back leg, on a traditional lunge, would also be at 90 degrees, but various lunges also have the back leg at different levels of bent.

All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

## Types of Lunges

### Static Lunges (split squats)

Legs remain in a split stance, pulsing down and up into the lunge on a single side.



### Reverse Lunges:

Begin standing with feet hip distance apart, step BACK with one leg into a lunge. Alternate sides.



### Forward/Walking Lunge:

This can be done walking or in a single space.



### Curtsy Lunge:

Similar to a reverse lunge, curtsy lunges have your foot crossed behind the body before lowering into the lunge.



### Lateral Lunges:

Begin with feet wide apart, with one leg straight, sit back into your opposite side, bending the knee.



Lunges are a Single Side exercise, reps listed are for one side, you should do the listed rep on EACH LEG!  
7 reps = 7 reps PER LEG

5 Reps Static Lunge  
5 Reps Reverse Lunge  
5 Reps Curtsy Lunge  
5 Reps Lateral Lunge  
5 Reps Forward Lunge

1

7 Reps Static Lunge  
7 Reps Reverse Lunge  
7 Reps Curtsy Lunge  
7 Reps Lateral Lunge  
7 Reps Forward Lunge

2

9 Reps Static Lunge  
9 Reps Reverse Lunge  
9 Reps Curtsy Lunge  
9 Reps Lateral Lunge  
9 Reps Forward Lunge

3

11 Reps Static Lunge  
11 Reps Reverse Lunge  
11 Reps Curtsy Lunge  
11 Reps Lateral Lunge  
11 Reps Forward Lunge

4

Rest

5

11 Reps Static Lunge  
11 Reps Reverse Lunge  
11 Reps Curtsy Lunge  
X2

6

11 Reps Static Lunge  
11 Reps Lateral Lunge  
11 Reps Forward Lunge  
X2

7

11 Reps Curtsy Lunge  
11 Reps Lateral Lunge  
11 Reps Forward Lunge  
X2

8

11 Reps Curtsy Lunge  
11 Reps Reverse Lunge  
11 Reps Forward Lunge  
X2

9

Rest

10

20 Reps Static Lunge  
X2

11

20 Reps Reverse Lunge  
X2

12

20 Reps Curtsy Lunge  
X2

13

20 Reps Lateral Lunge  
X2

14

20 Reps Forward Lunge  
X2

15

Rest

16

20 Reps Static Lunge  
10 Reps Reverse Lunge  
20 Reps Curtsy Lunge  
10 Reps Lateral Lunge  
20 Reps Forward Lunge

17

10 Reps Static Lunge  
20 Reps Reverse Lunge  
10 Reps Curtsy Lunge  
20 Reps Lateral Lunge  
10 Reps Forward Lunge

18

Rest

19

20 Reps Static Lunge  
20 Reps Reverse Lunge  
20 Reps Curtsy Lunge  
20 Reps Lateral Lunge  
20 Reps Forward Lunge

20

Rest

21

10 Reps Static Lunge  
x2  
10 Reps Reverse Lunge  
x2

22

10 Reps Curtsy Lunge  
x2  
10 Reps Forward Lunge  
x2

23

Rest

24

10 Reps Lateral Lunge  
x2  
10 Reps Static Lunge  
x2  
10 Reps Forward Lunge  
X2

25

10 Reps Curtsy Lunge  
x2  
10 Reps Reverse Lunge  
x2  
10 Reps Lateral Lunge  
X2

26

10 Reps Curtsy Lunge  
x2  
10 Reps Reverse Lunge  
x2  
10 Reps Lateral Lunge  
X2  
10 Reps Forward Lunge  
X2  
10 Reps Static Lunge  
X2

27

10 Reps Curtsy Lunge  
x2  
10 Reps Reverse Lunge  
x2  
10 Reps Lateral Lunge  
X2  
10 Reps Forward Lunge  
X2  
10 Reps Static Lunge  
X2

28

Rest

29

30 Reps Static Lunge  
30 Reps Reverse Lunge  
30 Reps Curtsy Lunge  
30 Reps Lateral Lunge  
30 Reps Forward Lunge

30