

EXERCISE

Dumbbell Alternating Standing Lunge

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a dumbbell alternating standing lunge. It's a lower body exercise, primarily working quads, hamstrings, and glutes.

Once the client is ready to go, make sure that they have their chest tall, shoulders slightly drawn down and back, feet hip-width apart.

I'm going to ask the client to take a nice confident step forward. Imagine that we're on two railway tracks. From there, they're going to drop straight towards the floor - brief pause, stopping the knee just above the floor, and then driving off the front leg, back to position. Alternating the leg they take a step forward with the opposite side -again, dropping straight down - brief pause, and driving back off that front leg.

It's important to make sure that they keep the tension on the front leg and try to keep their stability throughout.

So do this nice and slow and controlled.

Again, as I say, imagine that they're trying to work on two railway tracks rather than on a tightrope.

Make sure that you move your body position so that if you need to, you can make any adjustments to the client. Forward to back, side by side so that you can see every aspect of the body.

One more.

Make sure that as they're in position, as they go down, their knee tracks nicely over the toes.

Once your client is ready, step back into position and rest there.

Main Muscles Involved

Most of the lower body muscles, including:

- Psoas
- Biceps femoris
- Hamstrings
- Tibialis anterior
- Iliacus
- Hip adductors
- Quadriceps
- Sartorius

