

# REVERSE LUNGES



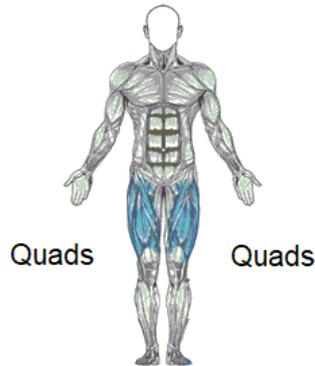
1. Stand tall with your feet placed at about hips width apart and bring your hands together just below your chin level as you make a fist, with your elbows pointing out and your head facing forward. This will be your starting position.
2. Step back with your right leg just a couple of feet away from your standing position and go all the way down until your knee touches the floor, while maintaining a straight & upright torso throughout the entire movement. Make sure your left foot remains stationary in it's initial spot.
3. Bring your right leg back up to it's starting position as you engage your hip flexors, quads, glutes & hamstrings muscles to execute this movement.
4. Repeat this exact motion with your left leg and that will be considered as a 'single repetition'.
5. Continue alternating in this manner for the recommended amount of repetitions.

**CAUTION:** Make sure not to go too far when lunging backwards to avoid over-stretching your hips and avoid getting injured, and always maintain a straight & upright torso while performing this exercise. STOP immediately if you felt any sharp knee pain.

**ALTERNATIVE EXERCISES:** [Bench Step-Ups](#) / [Isolated Seated Leg Press](#) / [Isolated Leg Extensions](#)

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## PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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