

# PLATE REVERSE LUNGES



1. Stand tall while holding a weight plate just below your chin level, with your elbows pointing out and your head facing forward. Place your feet at about hips width apart. 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, with the weight plate held up just below your chin level.
3. After reaching a full squatting position, engage your quads muscles to bring your body all the way back up to a full-standing position.
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.

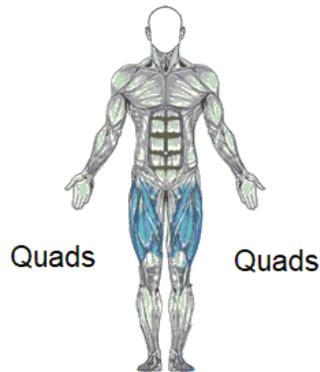
**CAUTION:** NEVER use a heavy weight plate when performing this exercise to avoid getting any knees, quads, hips and/or lower back injury. STOP immediately if you felt any sharp knee or lower back pain. Make sure not to go too far when lunging backwards to avoid over-stretching your hips and avoid getting injured, and always maintain a straight & upright torso while performing this exercise. It is normal for you to feel a slight burn in your shoulders muscles due to the effort being done to keep the weight plate up the entire time while performing this exercise.

## ALTERNATIVE EXERCISES:

[Dumbbell Reverse Lunges](#) / [Bench Dumbbell Step-Ups](#) / [Isolated Seated Leg Press \(Legs\)](#) / [Isolated Leg Extensions](#)

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## PRIMARY MUSCLES

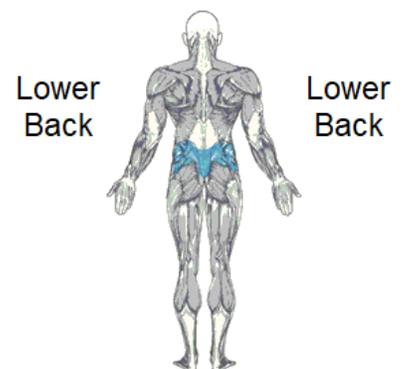
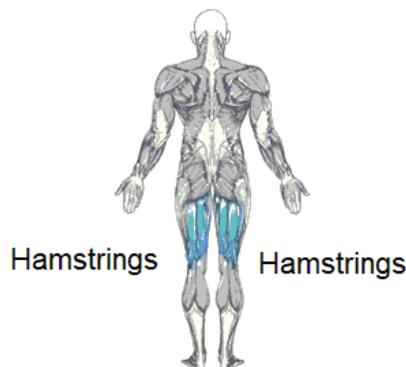
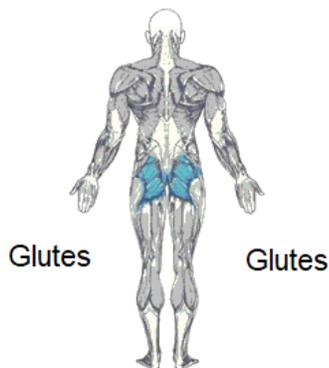


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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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