

Date: \_\_\_\_\_ Grade Level: \_\_\_\_\_ Teacher: \_\_\_\_\_

### Fitness Term(s) of the Day

Review: Lunge: A striding (stepping) movement that lowers the core and emphasizes training of the trunk and legs.

Intro: Endurance: Sustaining an effort (activity) for a prolonged period of time without becoming tired and losing efficiency.

### Exercise(s) of the Day

### Emphasis of Training: Lower Body

Review: Lunge

New: Lunge Variations (walking, lateral)

**Teaching Keys** (Maintain Base Exercise Position throughout all exercises.)

### Review Lunge

1. Stride (long step) with one foot.
2. Plant front foot firmly on floor and stop forward motion of body.
3. In a steady and controlled movement, lower core by bending knee of front leg.
4. Front knee should stay directly above foot. Back knee lowers until it is just above, or just touching, floor.
5. Pushing off explosively with front foot, return to start position.  
(Movement may be repeated on one leg or with alternate leg lunging)

### Lunge Variations

#### Walking Lunge:

RECOMMENDED SETS

2-3 x 8-12 ea. leg

1. Follow directions for lunge exercise listed above (#1-4).
2. Moving forward, cycle back leg in exaggerated walking motion.  
(Lift knee and toe high as leg is cycled, preparing for next lunge.)
3. The opposite foot now becomes the front, or lunge, foot. Continue to walk forward alternating lunges on each leg.

#### Lateral Lunge:

RECOMMENDED SETS

2-3 x 8-12 ea. leg

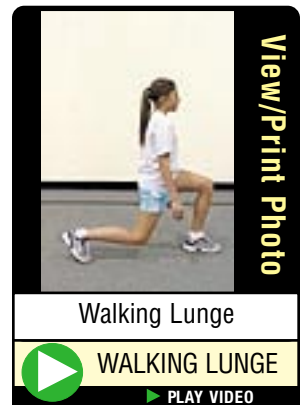
1. Stride (long step) to side and slightly forward of Base Exercise Position.
2. Plant stride foot firmly to stop sideways motion of body
3. In a steady and controlled movement, lower core by bending knee of stride leg.
4. Stride knee should stay aligned over foot, and trailing leg should remain as straight as possible. Trailing foot may turn on side during lunge.
5. Pushing off explosively, return to start position.

### Review of Previous Exercises or Strength Training Workout

- RDL Position
- Overhead Squat
- Push Press
- Arm Bar Variations

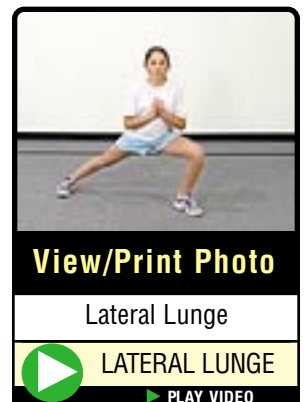
**Equipment needed:** none

**Notes:** Remind students to establish movement tempo during these exercises



Walking Lunge

▶ WALKING LUNGE  
▶ PLAY VIDEO



View/Print Photo

Lateral Lunge

▶ LATERAL LUNGE  
▶ PLAY VIDEO