



`Forward Lunge with Torso



- Start with feet hip distance apart and medicine ball in hands at shoulder height
- Keep tummy muscles tight and spine in neutral throughout the exercise
- Step forward bending the back knee to the floor, in a lunge position whilst twisting torso to the bent knee side and keeping the ball; at shoulder height
- Do not allow front knee to go over toes, if it does then your position is wrong
- Keep the pelvis pushed forward, the body upright throughout the exercise and eyes on the ball for balance a
- Exhale as twist torso back to the centre. Keeping the back straight push back off the front foot without leaning back as you do
- Repeat to the other side

