

Front Lunge With Bands (Anchor)

Area Targeted: Thigh & Butt



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=Qlqgtor2j9U>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door.

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Grip a handle in each hand and stand up tall 3 to 4 feet away from the door, facing the door. Now position your arms so that your hands are at chin height and elbows are back. Start with your back straight, head straight, chest up and feet hips width apart.

MOVEMENT:

Step and lunge forward with one foot while you lower your back knee down (almost touching the floor). Push back from your heel and return to starting position. Switch legs and repeat.

POINTS TO REMEMBER:

1. When you lunge forward, keep your knee tracking over your toes, do not let your knee go past your toes.
2. Keep your back straight and chest up throughout the movement. Better Front Lunge exercise with exercise bands and door anchor.