

Exercise of the Week

This week's exercise

Aquabag Lunge with Row

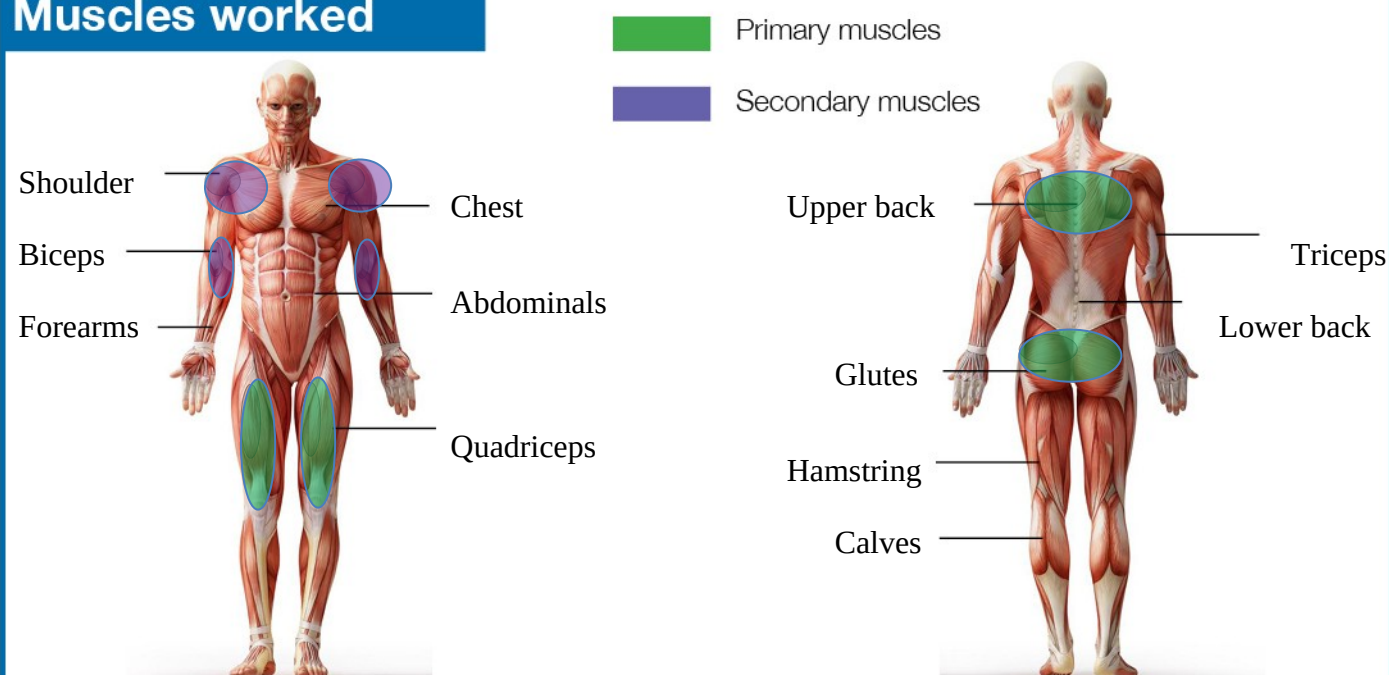
Exercise type

Functional

Benefits

- The combination of a lunge and row makes this a great unilateral exercise, meaning it trains one side of your body independently from the other.
- Benefits both upper and lower body.
- A great compound exercise that increases hip flexor flexibility, furthermore creates better core stability.

Muscles worked



Considerations

- Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down).
- Always engage your core.
- Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.