

Exercise of the Week

This week's exercise

Deadball Lunge with Rotation



Scan to see
video example
of this exercise

Exercise type

Functional

Benefits

- A fantastic exercise that helps develop strength, flexibility and balance.
- The lunge component of this exercise assists in developing strength through the glutes, quadriceps, hamstrings. While the rotation will help develop strength through the core, abdominals, obliques and shoulder.

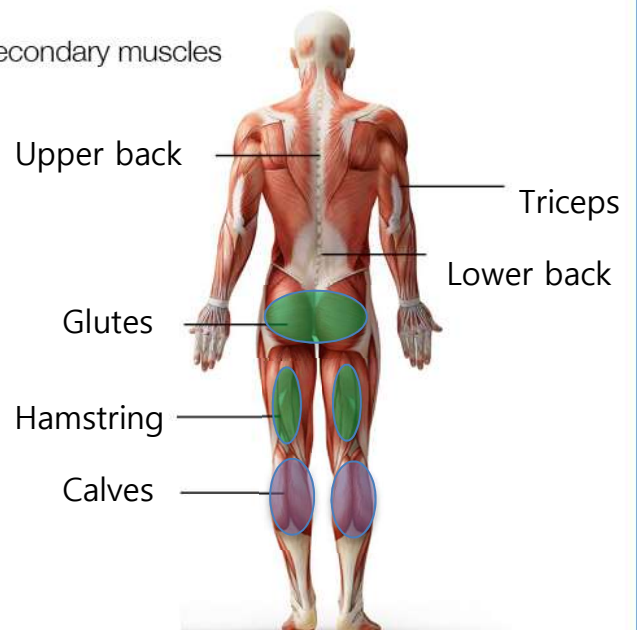
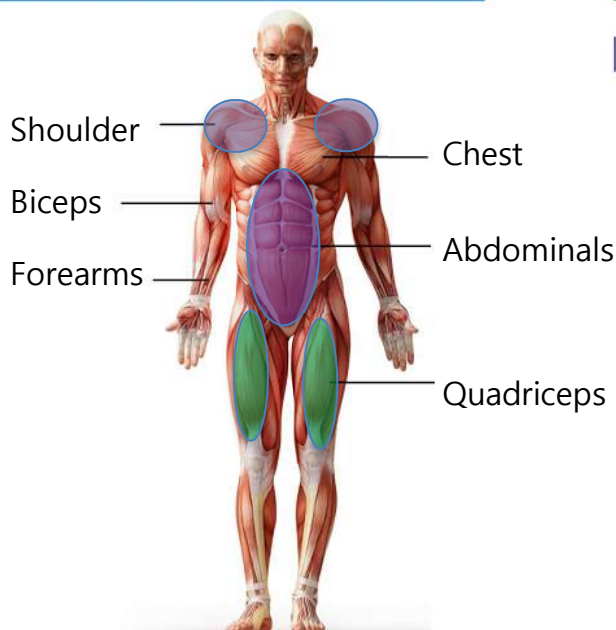
Muscles worked



Primary muscles



Secondary muscles



Considerations

- Keep your back straight and shoulders back throughout the exercise.
- Ensure you are twisting from the waistline, rather than your lower body.
- Slowly, rotate the waistline and arms over the extended leg, then in to the opposite direction and finally to the overhead position, whilst keeping arms extended.

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