Standing Right Lunge
with Right Trunk Rotation in High Guard

1. Place your left knee on a 6-10 inch block and your right leg in front of the block with your knee and hip bent and your foot flat.
2. Round your back and raise both arms slightly below shoulder level with your elbows bent at a 90-degree angle and your forearms together.
3. Maintaining contact with your right shoe arch, bring your left heel to the floor as you lift your knee off the block.
4. Attempting to keep your left heel down, shift your body weight forward onto your right leg as you bring your left knee toward the block. Maintain contact with your right shoe arch as you move your body weight onto your right leg.
5. Keeping your back rounded, rotate your trunk to the right by moving your right arm away from your left. You should feel the muscles on the front of your right thigh and right outside hip (buttock) engage.
6. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
7. Relax and repeat 4 more times.

Option:
1. Perform steps 1-5.
2. Bring your right arm back to your left.
3. Slowly shift back as your left knee moves away from the block.
4. Continue lunging forward and back 10 times.
5. Relax and repeat 2 more times.

Reference Center(s): Left abdominals, Left heel, Right arch

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