

## **Exercise of the week – Yoga lunge**

Yoga lunge strengthens and tones your lower body whilst improving your flexibility and balance. The levels are phases of the exercise. Initially you perform level one only. Then level one plus level two and finally level one, two and three in succession.

### **Beginner**

Place one foot forward and the other back. For balance, keep your feet hip width apart and not as if they are on a tight rope. Place your hands on your hips and activate your abdominals. Keep your back straight and slowly bend both knees, breathing in. When your back knee is just above the floor, push back up, breathing out. Repeat 5 times and change legs.

### **Intermediate**

Perform the 5 up and down movements. On the 5th repetition stay down and move your arms up into a V above your head. Hold this position and slowly count to 5. Change legs.

### **Advanced**

Perform the 5 up and down movements and the 5 second hold. Continue to stay down in the bent leg position holding your arms up in the V. Bend forward touching your finger tips to the floor and back up 5 times. Repeat the whole sequence to increase intensity or change legs.

The aim is to perform the sequence with a longer stride and deeper lunge!