

Bodyweight Forward Lunge

Step forward. Push back with the front leg.

Three views of the movement

BODYWEIGHT / ALTERNATE SIDES



01 SET UP

Hip-width feet. Gently brace your core.



02 LOWER

Front foot flat. Rear heel raised.



03 RETURN

Push back to your starting stance.

The images show example positions. Adjust depth and range to maintain control.

How to perform it

1 Set up

Stand with feet hip-width apart. Brace gently, look ahead, and rest your hands on your hips.

2 Step

Step forward, land softly through the heel, then load the whole foot. Keep lateral space between your feet.

3 Lower

Bend both knees and lower your hips. Keep the front knee tracking with the toes and the rear heel raised. Maintain a steady back and comfortable depth.

4 Return

Push through the whole front foot to return to standing. Keep your pelvis steady. Alternate sides.

Bodyweight Forward Lunge / Key points

Understand the muscles. Keep each repetition controlled.

Muscles and training purpose

PRIMARY MOVERS

Quadriceps and gluteus maximus.

ASSISTING AND STABILIZING MUSCLES

Hamstrings and calves assist. Hip stabilizers and trunk muscles help control balance.

A split-stance exercise that trains the legs while practicing balance during a weight shift.

FORM CHECKLIST

- Keep the front foot flat.
- Track the knee with the toes.
- Keep your hips facing forward.
- Move slowly within a controlled range.

COMMON ERRORS AND CORRECTIONS

- Knee collapsing inward: track it with the toes.
- Tightrope stance: keep hip-width spacing.
- Arching or rounding the back: stabilize ribs and pelvis.
- Dropping the rear knee onto the floor: stop just above it.

BREATHING Inhale down. Exhale as you return.

MAKE IT EASIER Use a stable hand support and reduce depth if balance is difficult.

Stop if pain occurs and reassess your range.

REFERENCES (CLICK TO OPEN)

ACE - Forward Lunge

NSCA - The Undervalued Lunge

Mind Body Soul - lunge tutorial (YouTube)

Illustrations: model demonstration | 2026.10