



Lunge

To test leg strength, technique and to correct improper form

Equipment: Orange Dot



Proper form of a lunge (split squat)

- Athlete should stand with feet shoulder width apart
- He/she should take a large step forward with one foot
- Athlete should slowly descend dropping the back knee straight down towards the ground
- The front knee should bend to approximately 90 degrees and should NOT travel forwards
- The trunk should maintain in an upright position with no forward lean
- The head and chest should remain upright
- Travel back to starting position and repeat- switch legs
- In a regular lunge-back knee does not touch ground, **for the purpose of this test, instruct athlete to touch the orange dot on the ground with their back knee**

Form Rating Scale

- 1) Minimal movement of the torso and balance is maintained
- 2) Feet do not move and remain pointing straight ahead
- 3) The back knee touches the ground