



The Lunge Squat

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GOOD EXERCISE FOR RIDERS: HOW TO DO THE PERFECT SQUAT

The last article on this topic indicated the need to have good hip fold mobility (that is, the ability to close the hip angle) because it is only when the hip can fold that the gluteal muscles (butt muscles) can be properly activated and maximally strengthened. As much as the 'core' supports the trunk and pelvis like a canister, the gluteal muscles control where that canister is in space. If the gluteals aren't active and strong, riders either have inadequate hip fold (see pictures in previous article) or will overuse their back muscles (the ropey ones that cause pain in the arch of the lower back) and the hip flexors (the muscles at the outer front of hips).

When doing squats and one hip is a bit weaker than the other, it is easy to put more weight on the strong leg without realizing it. For this reason I prefer the lunge squat for riders. I want them to be able to target their weak side and it is easy for the rider to know when it is being done correctly.

LUNGE SQUAT

Gently tighten LOWER stomach muscles while breathing easily into rib cage.

Split legs far enough apart to feel mild stretch (back heel off ground).

Keep weight balanced into the front foot heel and keep the **front lower leg perpendicular to the ground (picture 1)**

Slowly lower your body straight down to floor with hip crease staying soft & deepening. Keep front knee aligned over toes (picture 2), but not pushing forward. **If you can feel the back leg thigh working hard, the weight did not stay over the heel of the front leg.**

You must feel your butt working the most. To come back up, head straight up to the ceiling vertically.

You can do the same with a **ball against a wall** behind your back, leaning back into the ball as your lower body heads towards the floor (picture 3).