

# MARCH

## Functional Fitness Exercise of the Month Lunge with Biceps Curl

This month we are going to take our traditional “Lunge” exercise and spice it up with several new variations. The lunge is a fantastic exercise for the entire lower body (i.e.; quadriceps, hamstrings, calves, and glutes), but this month we will be adding in an upper body move to do along with the lunge. This simple addition will have many benefits for our overall workout including; balance and core training, coordination, increased calorie expenditure, and don’t forget for those of you with a time crunch...training multiple body parts in one move will save you some serious time.

\*Important note: Please progress from stationary movements to moving and unstable movements only when you feel that you are ready. If you would like assistance in making sure you have correct form, please contact one of the personal trainers at the BRICKHOUSE.



- 1.) To begin, take a long stride forward. Your stance should be long enough that as you lunge down your front knee bends at 90 degrees and does not extend past your front toe. Make sure that your back leg is also bending, but does not reach all the way down to the floor. Keep your chest up, and back in your normal postural alignment, tight and strong. Perform 12-15 repetitions on one leg, take a step forward and switch your leg positions to continue on with 12-15 on the alternate leg. Because of the high volume of Lunges, make sure not to be too overzealous with the dumbbell weights for your Biceps Curls.



2.) Now the Biceps Curl, using light to medium weight dumbbells perform a biceps curl as you rise from the lunge movement. As your body goes down into the lunge the arms come down to your sides, keeping your elbows slightly forward from the midline of the body. As you stand up from the lunge curl your hands towards your shoulders, again keeping your elbows slightly forward from the midline of the body.

\*Perform 3-4 sets of 12-15 repetitions per leg of the “Lunge with Biceps Curls”.

### **\*Variations\***

To increase the difficulty level of this exercise, try some of these variations:

1.) Perform walking or alternating lunges instead of stationary lunges.

**OR**

2.) Put your front foot on an unstable surface such as a “Dyna Disc”, “Core Board”, or “BOSU Ball” while performing the stationary lunge.

