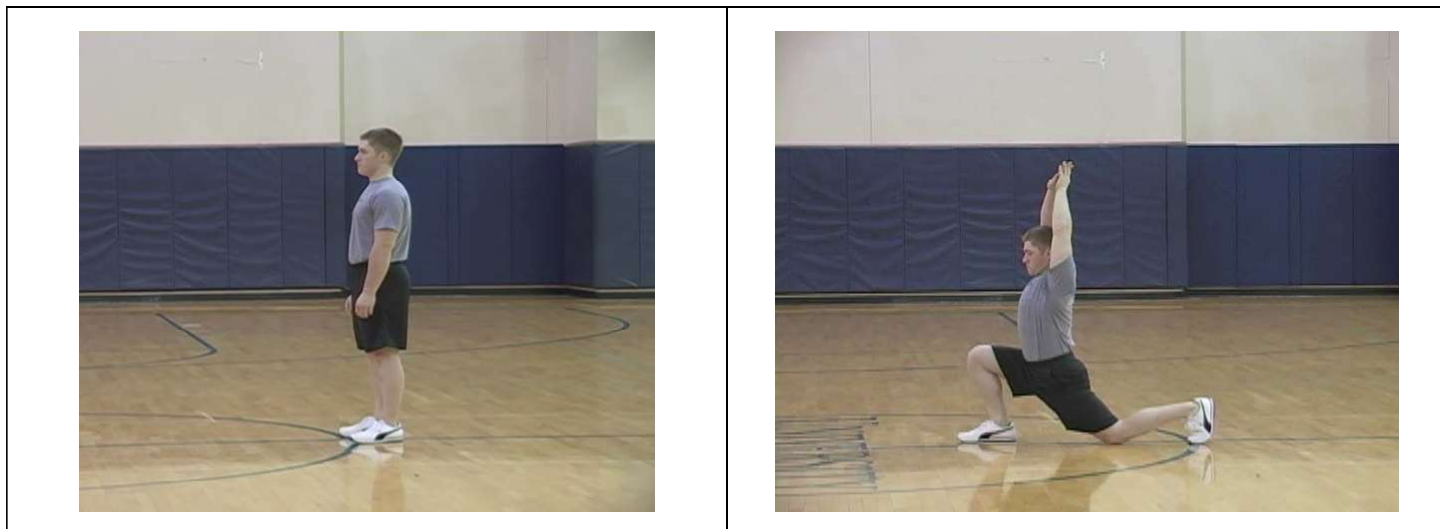


3.3 – OVERHEAD LUNGE WALK



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve length of the hip flexors without using the lower back. ▪ To integrate hip mobility with thoracic spine mobility. ▪ To add in elements of stability and motor control.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand up tall with your feet together and your arms outstretched overhead. ▪ Gently brace the core – this will ensure you’re stabilizing your lumbar spine, while extending through your thoracic spine.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Take an exaggerated step forward, landing on the heel. ▪ Lower under control to a point where the trailing leg knee is just above the ground. ▪ Drive through the heel to return to the upright position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the core tight and thoracic spine extended throughout. ▪ Land on the heel and drive off the heel.