

# Exercise of the Month



## Knee Up Downs

**Purpose:** A great move to help keep our legs and core strong so we can always smoothly get up from the ground.

**Target Muscles:** Primary: Quads. Secondary: Glutes, Hamstrings, Hip Flexors.

**Equipment:** A mat is optional to avoid knee discomfort. Dumbbells can be held to increase intensity.

### Movement:

- Begin in a standing position with feet shoulder width apart and sink into a little squat, keeping your core tight and chest upright.
- Step back with your right foot and drop down to a lunge, so that your knee is resting on the floor.
- Bring your left foot back so you are now kneeling with both knees on the ground. Keep your chest up and back flat in this position.
- Raise your right knee and plant your foot in front of you.
- Pushing through your planted foot, raise your left knee and plant your foot in front of you, bringing you back to the little squat. This completes one repetition.

### Benefits:

- Lunges are great because they get you moving in every direction. They can also help you improve balance and isolate each leg to correct imbalances between each side. This is important because muscle imbalances between right and left sides can lead to injuries.

➔ [Click here](#) for a video demonstration of this exercise!

