

**DEVELOPING
"POWER
BALANCE"
A NECESSITY
IN ALL
SPORTS.**

LUNGES

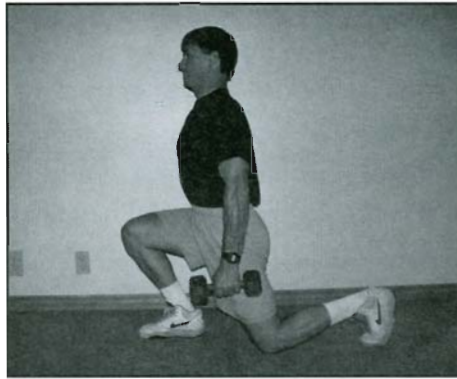
By Dr. Greg Shepard

Lunges are a highly regarded BFS Auxiliary exercise. We do them on Wednesdays during the off-season while they are optional during the in-season. Lunges develop power balance. Each leg is forced to work independently from each other. Also, there is no stress on the lower back especially when dumbbells are used. Advanced lifters may use a regular bar placed behind the neck as in a squat. Lunges are wonderful for the hamstrings, quadriceps and buttocks.

Power balance is important in sports like football, basketball, volleyball, baseball, soccer, wrestling and the following events in track: hurdles, high jump, long jump, pole vault, discus, shot put, javelin and the hammer throw. Whenever an athlete needs to change direction explosively and transfer quickly from one leg to the other, power balance is required. Lunges are fantastic for that purpose.

We begin junior high and high school athletes on lunges without any weight. We want to get the correct movement down. As in all lifts, technique is vitally important with lunges. Start with a narrow stance and step out as illustrated in the lower photo. The challenge is to see if the athlete can come back to the starting position smoothly without any false steps.

Those who have had BFS



NOT CORRECT: This Is A Body Building or Body Toning Lunge.

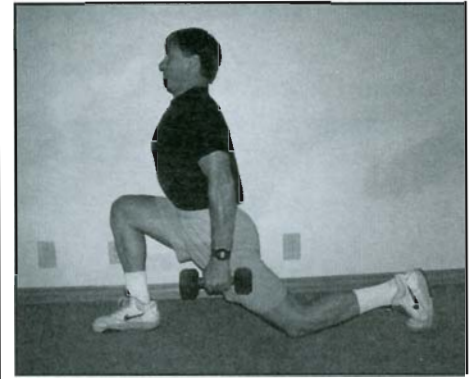
Clinics marvel at the similarity of our coaching guidelines on all phases of our program. It doesn't matter if we are jumping, sprinting, stretching or squatting, we say eyes straight ahead, sit tall, spread the chest and lock-in the lower back. It is no different with lunges.

Once an athlete masters the lunge movement with a long stride, then dumbbells can be used. Most of the time this can be the same day. Beginners should use dumbbells and not a barbell. There are some dangers when using a barbell. Look at NBA basketball star Fred Roberts. Now,



Ex-Utah Jazz Star and Now Milwaukee Buck Star Fred Roberts Doing a Barbell Lunge.

what if Fred did not have good technique and was leaning over



CORRECT: This Is An Athletic Lunge. Step Out With A Longer Stride. Keep Upper Body Straight: Sit Tall-Spread The Chest. Look Straight Ahead. Alternate Feet. Do 2 x 10 Reps.

with a rounded back? What if he lost his balance and fell forward with the weight on top of his neck? Get the picture? That's why I like beginners to use dumbbells. If you get in trouble balance-wise, all you do is let go of the dumbbells. The advantage of using a barbell is the athlete may gain a little in balance and development. Therefore, after an athlete has thoroughly mastered the lunge technique with perfect balance, he may wish to switch from dumbbells to the barbell.

Sometimes, because of lack of stations and barbells, using dumbbells may be the best way to utilize space and equipment. This would certainly be fine.

Do two sets of ten reps for the basic off-season workout. Normally, we only do these on Wednesdays but doing them twice per week is OK. Also, if you wanted to do a third set of ten, you could, but no more. We normally do not record how much we do on our record card, partially because we don't max out on this lift. Just put on enough to get a great workout with perfect technique.....□

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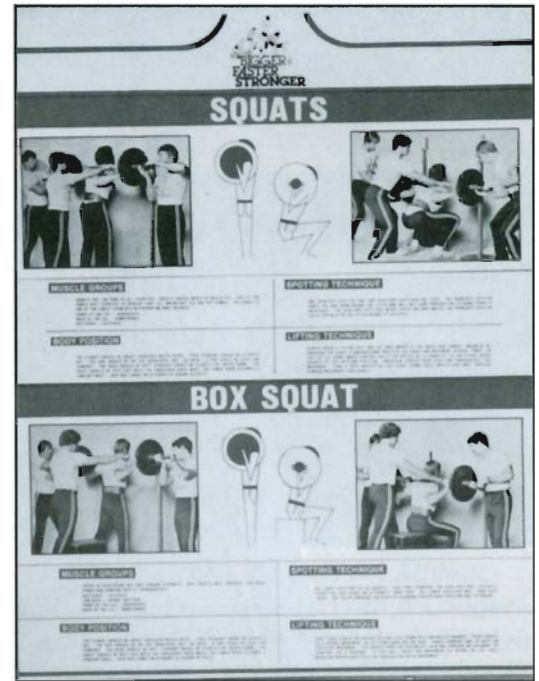
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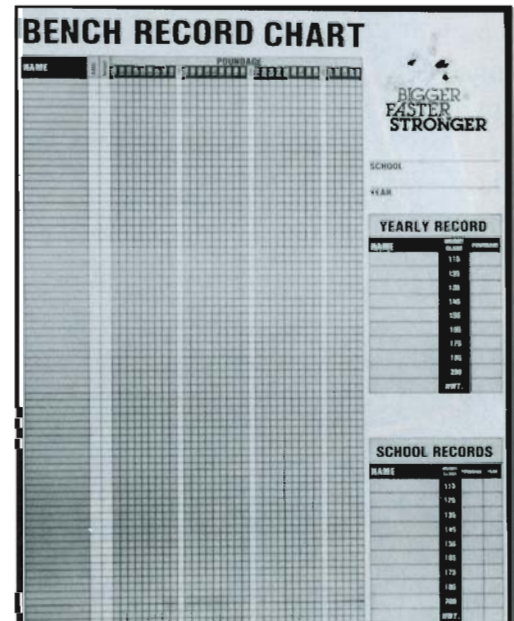
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