

## Skill: Dumbbell Lunge

Training Method: Lunges

| Technical Points                                                                                                                                                                              | Perfect | Nearly There | Needs More Practice |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------|---------------------|
| <b>Preparatory position:</b> The performer should stand in a comfortable starting position with a dumbbell in either hand, with their feet inside shoulder width.                             |         |              |                     |
| The performer's core should be braced and the crest/logo of their top should be visible at all times as they aim to keep their chest up throughout the movement.                              |         |              |                     |
| The performer should take a large step forward, creating enough space for their back knee to drop towards the floor under control to the halfway point of the movement.                       |         |              |                     |
| At the halfway point of the movement both the performers knees should be at an approximate 90-degree angle with no inward movement of the knee.                                               |         |              |                     |
| At the halfway point of the movement, the performer should have their front foot flat on the floor with the weight on the mid/back of the foot and the weight on the toes of their back foot. |         |              |                     |
| The performer should then drive themselves back to the upright starting position, using mainly their front foot.                                                                              |         |              |                     |
| For the purpose of consistency, the performer should perform all the prescribed repetitions on one leg before moving to the other leg.                                                        |         |              |                     |

Things that need to be improved (based on peer/coach/video feedback):

My next steps (improvement plan):

Notes:



Name: \_\_\_\_\_

