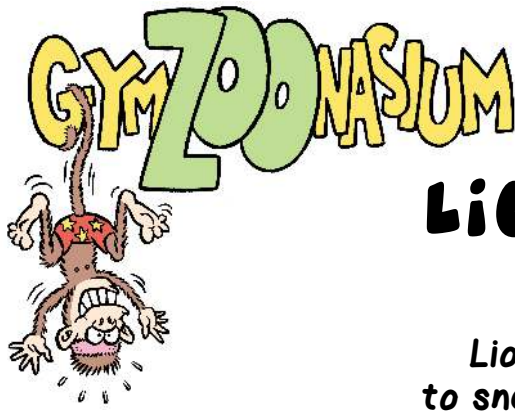




LION LUNGE

*Lions lunge patiently
to sneak up on their prey.
The creatures they are hunting
need to sprint to get away.*



PURPOSE

- Strengthens legs and pelvic stability
- A physically demanding exercise that helps use up excess energy



INSTRUCTIONS

1. Start standing, with your feet hip width apart
2. Take a long step forwards with your left foot, lifting your back heel off the floor
3. Bend your knees to lower your back knee almost to the floor
4. Push your feet into the floor and straighten your knees, to push yourself back up
5. Step your front foot back and switch legs.
6. Do 5-15 lunges on each leg



WATCH FOR

- Bending both knees (to achieve right angles in both knees)
- Hips facing straight ahead
- Body upright (not bending forward)
- Feet hip-width apart
- Front knee behind the front toes. (To achieve this take a large step forward, and keep your weight balanced on both the front and back foot).



MORE CHALLENGING

Try walking lunges around the room.

MODIFICATIONS

- Step forward and then back again, without lungeing down. Focus on your balance and keeping your hips level.
- Take a long step forwards with one foot, lifting your back heel off the floor. Keep your feet glued to the floor while you lunge down and up 5 times. Step your front foot back and repeat on the other leg.
- Seated: Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.



MAKE IT MULTI-SENSORY

Pretend you're lunging in the long grass, like a lion sneaking up on its lunch. Keep your body upright while you're lunging down. Sneak, sneak, sneak...

What sound does a lion make?



PROGRESS TRACKER

How many Lion Lunges can you do in a row with your left foot forward?

How many with your right foot?

Date	My personal best - left	My personal best - right	My goal for next time



FUN FACTS

- A lion's roar can be heard up to 8 kilometres away!
- Lions are only found in Africa and are the only cats that live in groups (called a pride)
- Lions love to sleep! They sleep up to 20 hours a day.

