

Curtsy Lunge: Challenge your balance

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Featured topic

Looking to improve your balance while strengthening your lower body? The curtsy lunge is a powerful exercise that targets your glutes, thighs, hamstrings, calves and core, all while challenging your stability and coordination.

Learn how to perform a curtsy lunge with proper form, including tips for knee alignment, posture and control. You'll also discover simple modifications, such as using a wall for support, and ways to make the exercise more challenging by adding dumbbells.

Remember: it's not about how low you go. Focus on moving with control, maintaining good alignment and building strength through a comfortable range of motion.

Aim for 2-3 sets of 8-10 reps per side, 2-3 times per week.

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Transcript

Narrator: Why is the curtsy lunge a go-to move for glutes, quads, core and balance? Take the curtsy lunge challenge and find out.

Start by standing tall with your feet about hip-width apart. Now step your right leg back and across your body almost like you're doing a curtsy. Bend both knees and lower your hips toward the floor. Your front knee should stay aligned with your foot while your back knee moves toward the floor behind you.

Keep most of your weight in your front leg and try not to let your front knee collapse inward. Keep your chest lifted and your movement controlled. You'll feel it in your quadriceps, gluteal muscles, abductors, hamstrings, calves and core. Aim for two to three sets of eight to 10 reps per side, about two to three days a week.

While it may not look like much, this fancy footwork improves hip and pelvic stability, enhances balance and core strength, and strengthens the inner and outer thighs at the same time. Keep your chest tall. Control the movement. And press through that front foot. Now that's a curtsy worth taking.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.