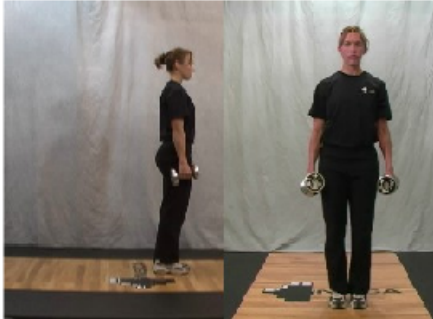


Dumbbell Reverse Lunge

Analysis title: Dumbbell Reverse Lunge

Starting Position



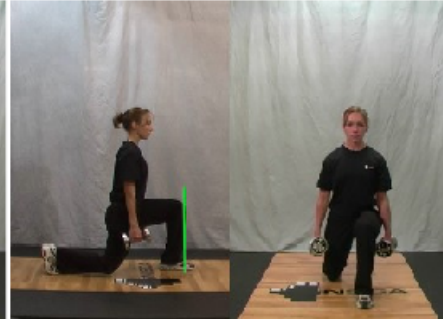
The lifter holds the dumbbells at the sides in the standing position.

Eccentric Phase



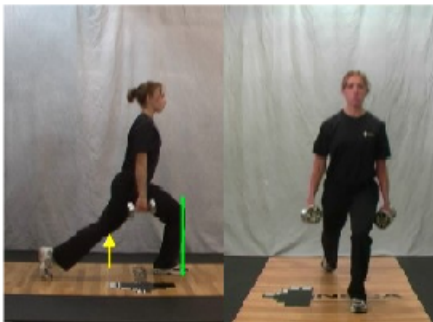
The lifter takes a large step backward while keeping his/her torso upright. Once foot contact is made with the ground, the lifter drops his/her hips downward. This will ensure

Midpoint



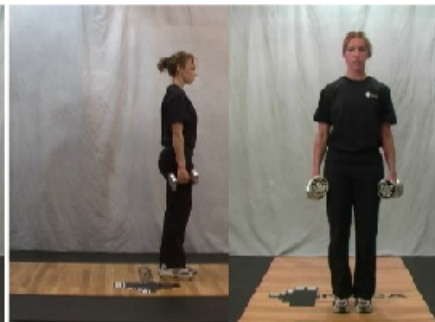
Mid point is reached when the knee of the rear leg is just above the floor.

Concentric Phase



The lifter returns in the same path as the eccentric phase.

Finishing Position



Finishing position is accomplished when the lifter has returned to the starting position.