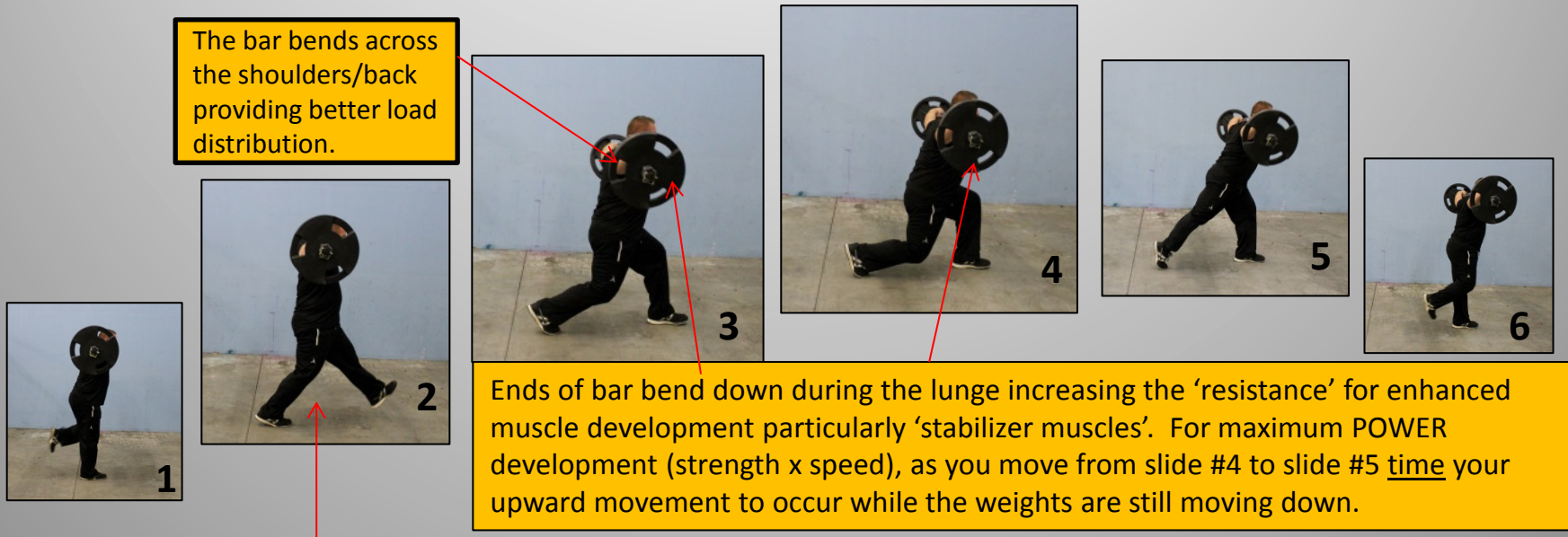


Walking Lunges using the Tsunami Bar® - Wow! Try it!

2/6/2014

Why can a 'flexible barbell' that moves UP/Down enhance your Walking Lunges?

- Greater muscle activation than a 'rigid' bar with enhanced conditioning of 'stabilizer muscles'
 - Why? The bar moves. It is 'alive'!
- Safer than a standard steel bar because the bar bends across the shoulders/back allowing the weight forces to be applied outside the center of the body to the sagittal plane.
- Enhance your 'Lower Body POWER Development'



Lunge forward bending down in a 'controlled' manner to manage the live weight dynamics of the 'flexible bar'.

This series of slides demonstrates the Walking Lunge using the Tsunami Bar®. Safety/Caution: Before performing this or any other exercise check with your physician to make sure the exercise is suitable for you. The faster (but safely) you 'move' which causes the ends of the bar to move up and down at a faster rate with greater amplitude, the greater the POWER Development (strength X speed) potential for the muscles involved.