

HEELCURVE HOCKEY

WALKING LUNGES

(SLOW, MOBILITY-FOCUSED)

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves hip flexibility, ankle mobility, and balance while building strength and control. It helps enhance range of motion, reduce muscle tightness, and support better movement quality for skating and injury prevention.

1 START

Stand tall with your feet hip-width apart and your chest up. Engage your core and look forward.



2 STEP FORWARD

Take a slow, controlled step forward with one leg, placing your heel down first and maintaining an upright torso.



3 LOWER

Lower your hips until your front thigh is nearly parallel to the ground and your back knee is just above the floor. Keep your front knee aligned over your ankle.



4 DRIVE & REPEAT

Push through your front heel to stand up and bring your back leg forward into the next lunge. Continue alternating legs with slow, controlled steps.



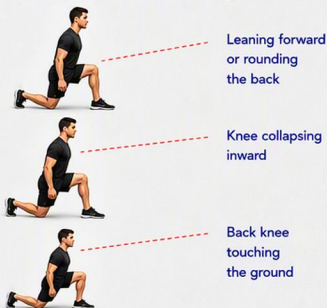
KEY POINTS

- Take long, slow steps with control.
- Keep your chest up and core engaged.
- Keep your front knee stacked over your ankle.
- Lower until your back knee is just above the floor.
- Use your arms for balance.
- Focus on mobility and quality, not speed.

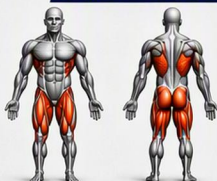
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Flexors
- Hip Stabilizers

TRAINING TIPS



Use as a warm-up, cool-down, or mobility drill.



Move slowly and focus on a full range of motion.



Add light load (dumbbells or plate) as mobility improves.



Include in your routine 3–5 times per week for best results.

SKATE FASTER. MOVE BETTER. PLAY HARDER.