

HEELCURVE HOCKEY

REVERSE LUNGE WITH 2S ECCENTRIC EXERCISE MECHANICS

WHAT IT IS

A lower body exercise that builds unilateral strength, balance, and control by stepping back into a lunge and lowering for 2 seconds on the way down. It improves strength, stability, and supports knee and hip health.

1 START

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



2 STEP BACK

Step one foot back into a lunge stance. Keep your torso tall and core braced.



3 LOWER (2S)

Lower your back knee toward the ground for 2 seconds. Keep your front knee stacked over your ankle.



4 DRIVE UP

Push through your front heel to return to the starting position. Exhale as you stand up.



5 REPEAT

Alternate legs and repeat for the desired number of reps.



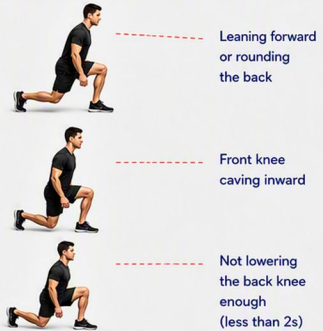
KEY POINTS

- Take a controlled step back, not too far.
- Lower for 2 seconds—no bouncing.
- Keep your front knee stable and aligned over your ankle.
- Keep your torso tall and core tight.
- Push through your front heel to stand.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS

- Use as a strength and control builder, not just for volume.
- Start with bodyweight and master the 2s eccentric.
- Progress by adding load (dumbbells or kettlebells) as you get stronger.
- Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.