

LUNGE



- Start in a staggered position with one leg in front of the other.
- Make sure you begin with the front knee behind the toes.
- Lower the back knee towards the floor.
- Stand up out of the lunge keeping the knee in line with the foot and hip.
- Make sure the back is straight and both shoulders face straight in front of you.
- Note: To make this exercise more challenging, add dumbbell weight.

Beginner	Intermediate	Advanced
1-2 sets; 5-10 reps	2 sets; 10-15 reps	3 sets; 10-20 reps