



### Lateral Lunge

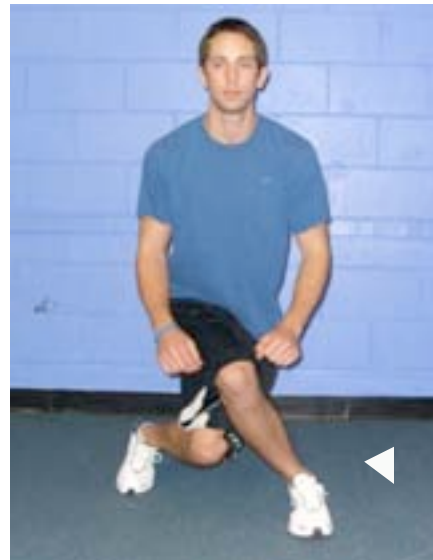
**Starting position:**

Standing with feet shoulder width apart.

**Movement:**

Step sideways bending your hip and knee bearing weight through your heel. Be careful to make sure your knee does not go past your toes and your back remains straight. Return to starting position, pushing up through your heel on the step leg.

**Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ Times a day**



### Crossover Lunge

**Starting position:**

Standing with feet shoulder width apart.

**Movement:**

Cross one leg in front of the other bending your hips and front knee, bearing weight through your heel. Be careful to make sure your front knee does not go past your toes and your back remains straight. Return to starting position, pushing up through your heel on the step leg.

**Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ Times a day**