



Forward Lunge

Starting position:

Standing, feet shoulder width apart.

Movement:

Step forward with one leg, supporting weight through your heel. Bend your front knee to 90 degrees and gently tap the ground with your back knee. Be careful to make sure your front knee does not go past your toes. Return to starting position, pushing up through your heel.

Perform ____ Reps ____ Sets ____ X/day

Reverse Lunge

Starting position:

Standing, feet shoulder width apart.

Movement:

Step backward with one leg, supporting weight through your front heel. Bend your front knee to 90 degrees and gently tap the ground with your back knee. Be careful to make sure your front knee does not go past your toes. Return to starting position, pushing up through your heel.

Perform ____ Reps ____ Sets ____ X/day