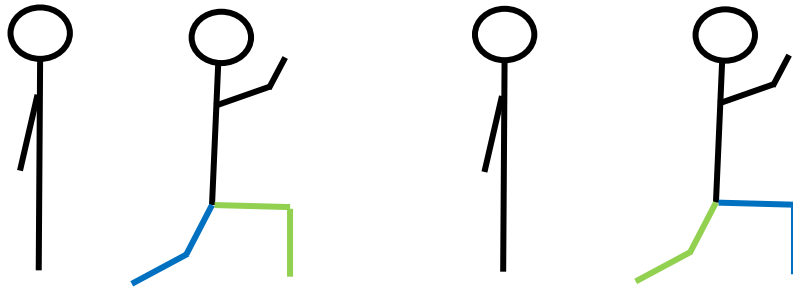


# Lunges



## What to do:

- ✓ Perform 10 lunges on each leg. Then rest for 40 seconds.
- ✓ Can you do this 5 times?

## How to do it:

- ✓ Stand tall with your feet slightly apart. Take a big step forward, bending your knees.
- ✓ The thigh on your front leg should be horizontal.
- ✓ The shin on your back leg should be almost touching the floor.
- ✓ Push your body backwards to stand back up again.
- ✓ Repeat with your other leg.