

STEP 1



STEP 2



STEP 3



## Standard Lunge

### Setup

- Begin in a standing upright position with your hands on your hips and feet positioned shoulder width apart.

### Movement

- Keeping your trunk upright, step forward and lower your body towards the ground, then carefully return to the starting position.

### Tip

- Make sure not to let either knee collapse inward and keep your trunk steady during the exercise.

STEP 1



STEP 2



## Single Leg Squat with Forward Reach

### Setup

- Begin in a standing upright position, holding your arms straight in front of your body. Lift one leg off the ground to a 90 degree angle.

### Movement

- Squat down on your standing leg, extend your other leg backward, and lean your trunk forward at the same time. Then return to the starting position and repeat.

### Tip

- Make sure to keep your knee aligned as you squat and do not let it move forward past your toe. Hinge at your hips and keep your back straight as you lean forward.