

Single Leg Lunge

MAP REF
2

MAP REF
7

MAP REF
8

Strength

HOW TO

- Place your right hand on the high bar for balance
- Step your left foot in front of you
- Slowly lower yourself towards the ground with your right knee bent to rest on the ground
- Your front foot will remain flat and your back foot will come forth onto the ball of the foot
- Once you reach the ground, contract your muscles to push up and return to the starting position
- Repeat and alternate sides

