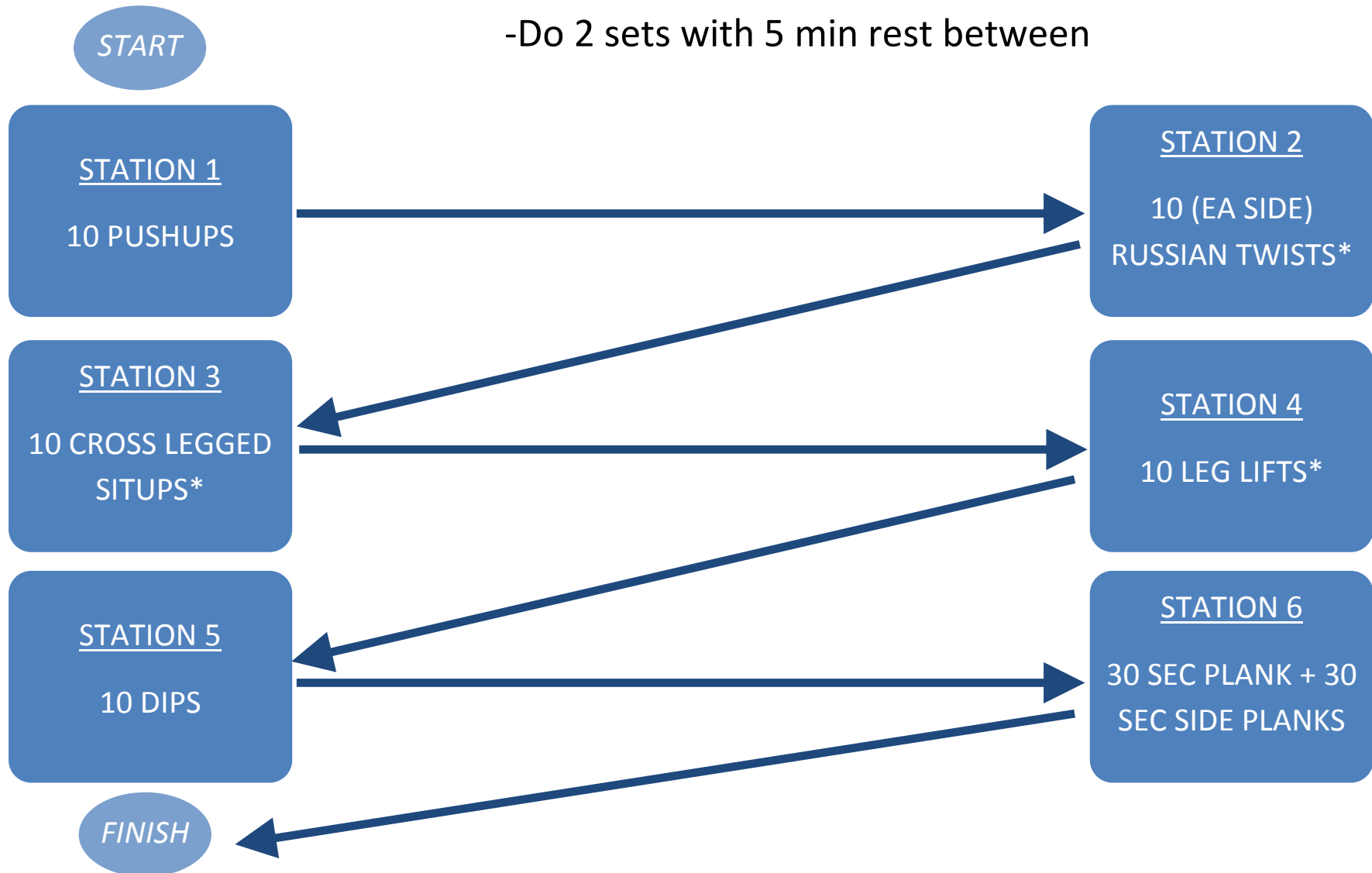


The Lunge Workout

-1 set = 3 down (10 forward lunges), 3 back (10 backwards lunges)

-Do 2 sets with 5 min rest between



*DENOTES EXERCISES THAT CAN BE INCREASED IN INTENSITY BY ADDITION OF A MEDICINE BALL