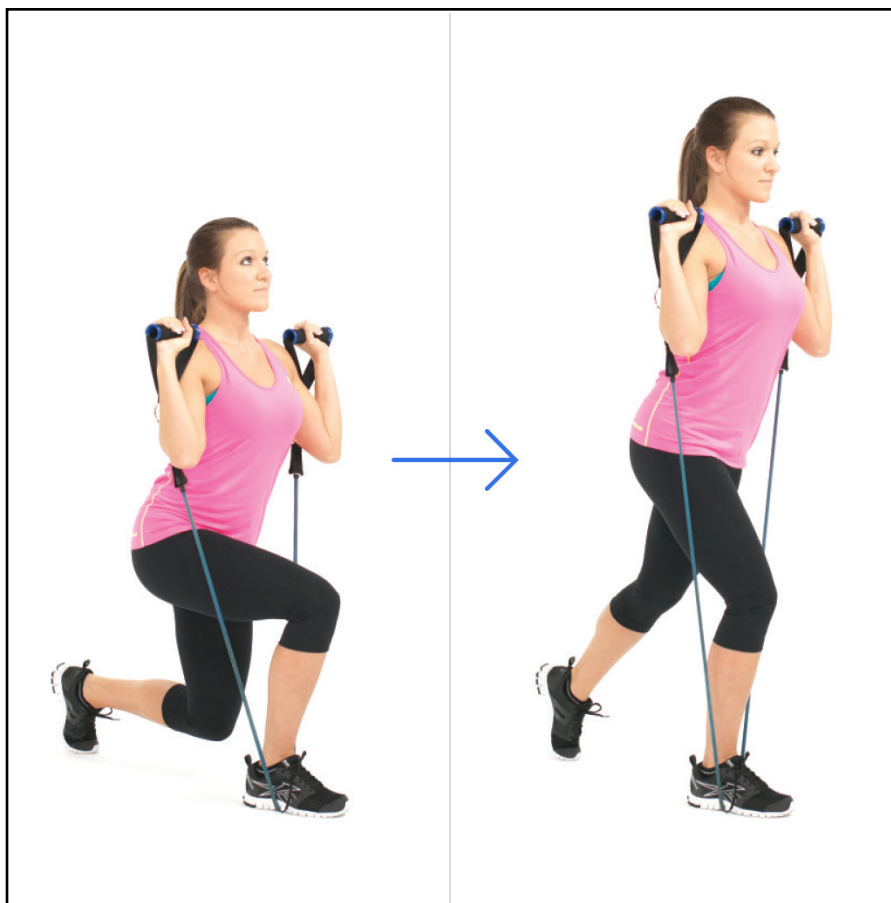


Lunge With Bands

Area Targeted: Thighs & Butt



FIND THIS EXERCISE ON YOUTUBE: https://www.youtube.com/watch?v=Khgyrd_ig0

INSTRUCTIONS:

SET UP:

Anchor: Not required

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Stagger your feet with one foot in front. Now stand on the band(s) with your front foot. Grip a handle in each hand and raise your hands up to shoulder height. With your back straight, head straight, elbows back, and chest up, lower your hips straight down until your front thigh is almost parallel with the floor.

MOVEMENT:

Straighten your front leg and raise your hips.

POINTS TO REMEMBER:

1. Push through your heel.
2. As you lower and raise your body keep your knee tracking over your toes.