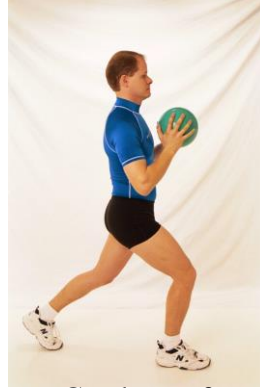


Lunges

with Jumps

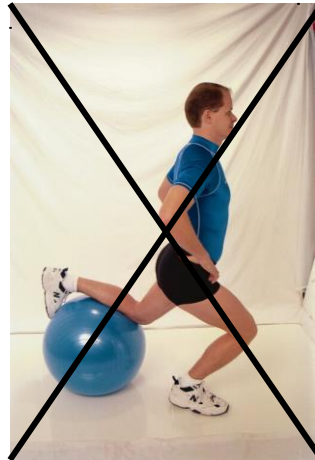
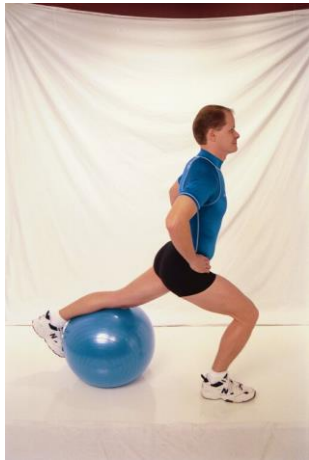
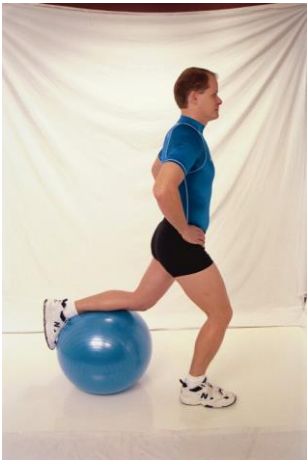


with Heavy Ball

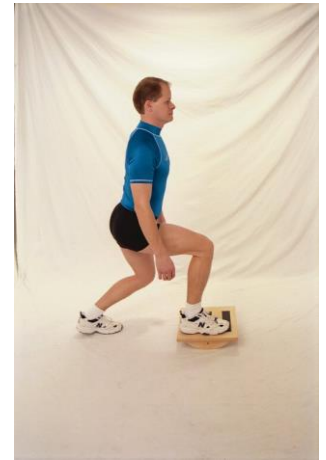


Can be performed as a Giant Stride.

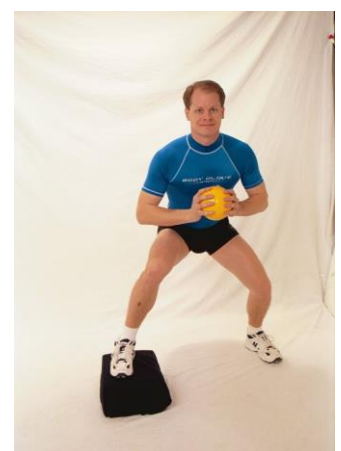
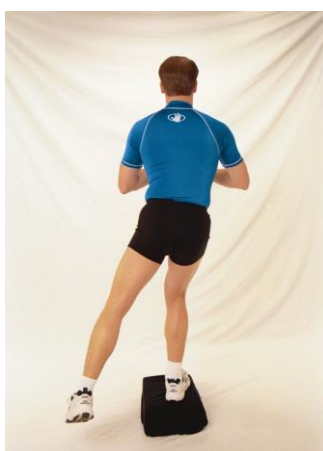
On Exercise Ball



Avoid over extending back.
Don't push front knee past foot.



Lunge to a Rocker Board.



Oblique lunges on and off an elevated surface with a Heavy Ball.

Excellent knee, hip, buttock and trunk exercise that quickly becomes an aerobic work out.