

Strength

Lunges



Muscle Group: Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbells

Instructions

1. Choose your weights based on your comfort level.
2. Start with your feet planted firmly on the ground with arms by your side.
3. Take a large step forward with one foot and keep both feet facing forward.
4. Slowly bend both knees until your back knee is close to the ground.
5. Pause, and push back up to return to standing with your feet together.
6. Repeat on the opposite side.
7. Continue this 10 times on each side.

Tips & Modifications

- Start with no weights and practice proper form with hands on hips.
- If you need help with balance, use a wall or chair for stability.



**Click here or scan
the QR Code to the
right to watch video
instructions!**

