



# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Lunges

### Key Points:

Keep your front foot forward enough so that your front knee does not move further forward than your front foot.

Lunges are an advanced exercise and proper form is essential. Seek professional advice for instruction on proper technique.

### Instructions:

1. Stand with your left foot forward 12 inches and your right foot back about 12 inches.
2. Keep your arms fully extended at your sides with palms in.
3. With your upper body remaining straight, slowly lower yourself until your left thigh is parallel to the floor. The heel of your right foot will raise, but your foot should not move.
4. Slowly raise yourself to the starting position.
5. Repeat with the other leg or you can do your reps on one leg and then switch legs.