

# 5X5 A DAY LUNGES



1. Stand with your core engaged, feet hip width apart
2. Take a big stride forward with one leg (the lead leg)
3. Lower yourself until the lead leg has a 90 degree bend in the knee and the thigh is parallel to the floor. Ideally there should be a straight line from the ankle to knee, and another from the knee to hip (see image B). Your knee should be behind or in line with your toes on the lead leg
4. The heel on the lead leg should stay in contact with the floor
5. Maintain a good posture and keep looking forward throughout
6. The heel on the back leg should lift
7. Push up through the heel on the lead leg to come up and step the lead leg back to the start position
8. Repeat, making sure you do the same number of lunges on each side (5 with the left leg as lead, 5 with the right leg as lead)