



### LUNGE WITH TWIST

- 1. Lunge forward with arms straight out in front of you
- 2. Keeping lower body straight, twist torso over outside of front leg
- 3. Keep abs tight
- 4. Return to starting position, repeat on other leg



### LUNGE WITH BICEPT CURL

- 1. Lunge forward simultaneously curling weight up
- 2. Keep knees at 90, front knee directly over the ankle
- 3. Keep abs tight
- 4. Return to starting position