

Try Something New

Stiff Legged Lunge



Stand with your feet hip-width apart, arms at sides. Step back with your left leg.

Bending right knee 90 degrees. Keep right knee aligned over ankle and left leg straight. Lower your torso over your right thigh, reaching hands toward floor.

Stand up, lift left foot from behind you to a high knee in front of you and at the same time raise both arms over head.

