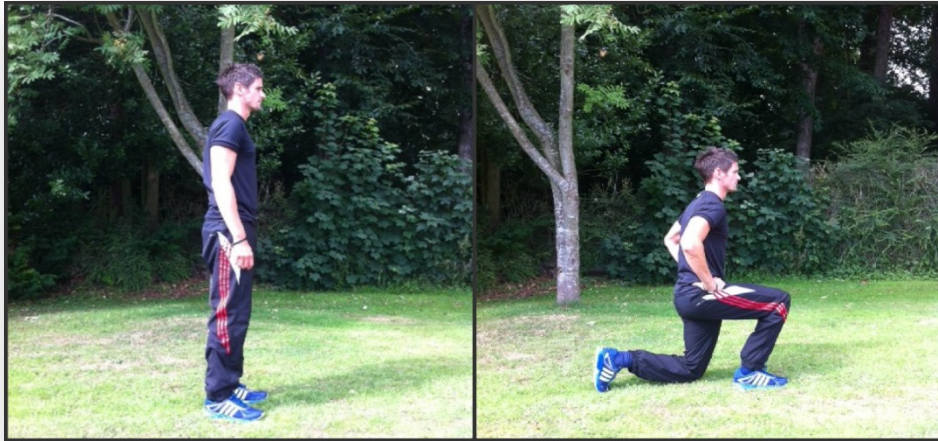


HOW TO PERFORM A LUNGE



- Stand with your feet shoulder-width apart and hands clasped behind your head or on hips.
- Step forward with one leg, taking a slightly larger than normal step.
- Drive back to the start position and repeat.