



# UCSU

Home Training Kit

# LUNGE

Difficulty rating:



**Pro Tip:**

Start with feet directly underneath hips, step forward with one leg and lower the back knee towards the floor. Then step back and do the same with the other leg. Keep the chest & head up.

Too easy? Instead of stepping why not try a jump, or you can add weights. One in each hand maybe?

**Hot Spot:**

Legs

**Reps and Sets:**

3 sets of 10 reps (5 right/5 left)

