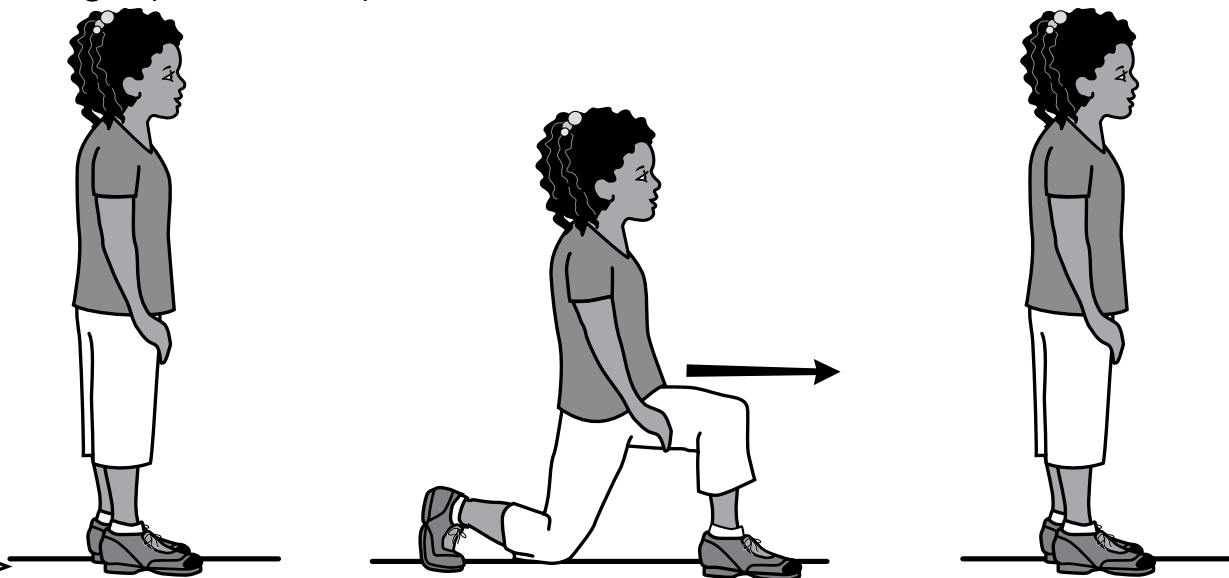


# Forward Lunges

★ Lunge forward then return to start. Keep your front foot slightly ahead of your front knee.



**BUILDING A FOUNDATION**

**FITNESS STATION**

- ★ Can you hold your balance each time you lunge?
- ★ Alternate forward leg each time.