

## Squat/lunge complex

**Start:** Stand with your feet hip or shoulder width apart and toes pointing forward or slightly out

**Action #1- Squat:** Sit back by bending your knees, keeping your chest up to keep your low back flat. Keep your knees from collapsing inward and your weight on the mid to rear of your feet. Lower down until your thighs are parallel with the floor or until you start to lose the flatness of your low back. Return to the starting position.

**Action #2- Forward/rear lunge:** From the start position step forward with one foot. Bend your knees while keeping your back flat and front shin perpendicular from the floor. Lower down until your back knee is almost touching the floor. Return to start position then step back with the same foot into a rear lunge. Ensure your knees are both stable and pointing in the same direction ahead. Drop until your back knee almost contacts the floor then push up to return to the start position. Repeat for the other leg.

**Finish:** Complete one squat, one front lunge and one rear lunge for each leg then repeat cycle.



U

