



BARBELL LUNGES



Place a barbell behind the neck, across the traps. Hold the bar with a comfortable grip. Take as long of a step as possible and lunge out with either leg. Keeping your eyes up and chest tall, drop down until the back leg's knee is slightly off the ground. In the bottom position, the front foot's heel should remain in contact with the ground and the front knee should not move out in front of the toes. From this bottom position, press off the front foot and rise back up into the start position. When returning to the start position, keep your core muscles tight and chest upright. Perform the required number of repetitions with each leg.