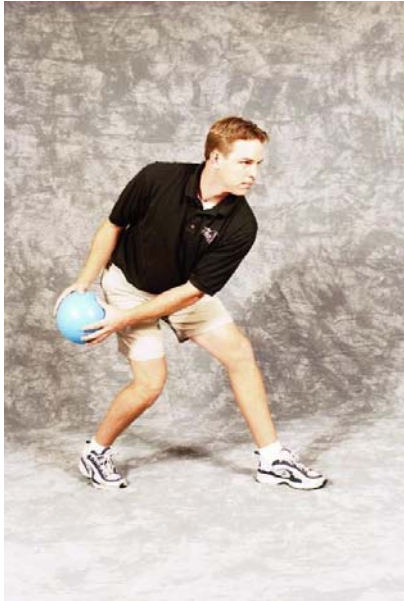


WALKING LUNGE WITH A TWIST



134 A



134 B



134 C

Purpose: Advanced conditioning of core & lower body.

Benefit: Helps to integrate the leg, torso, and arm pattern of force and power generation.

Instruction:

- Stand with a 2-6 lbs medicine ball or hand weight positioned by your right side.
- Step into the lunge with your right leg and arms by your right side.
- Once you are at the bottom of the lunge with your left leg forward, push up off the heel of the left leg as you simultaneously swing your arms in an arc over your head and move the right leg forward and the left leg behind you.
- Since you are walking forward as you perform this exercise, the momentum will carry you into the next lunge.
- Repeat for the number of designated reps.

Quantity: Reps _____ sets _____

