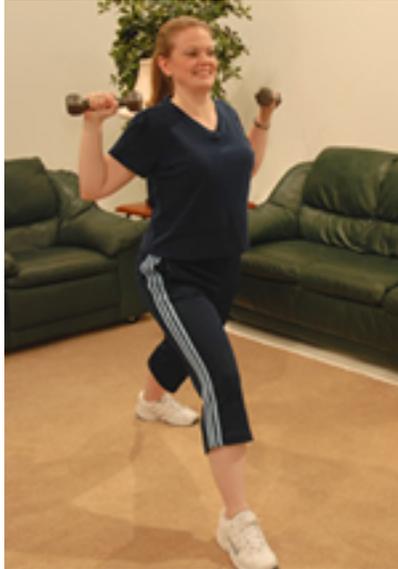


Combo Lunge/Squat Press



- Stand with your feet shoulder width apart, then step back into a deep lunge position
- Keeping your head up, shoulders back, shift all of your weight to your back leg
- If you are holding dumbbells, hold them at your shoulders
- In front of a mirror, line up your front knee so that it is over your front ankle. From this point on, the front knee should not move from this position. Do not let your knee go forward of your toes, injury to your knee could result.
- Keeping your posture tall, and all of your weight on your back leg, bend your back leg, lowering it toward the floor. As you do this, raise your arms over your head, basically keeping the dumbbells in the same position in space as you lower your body.
- You won't have to touch the floor, stop about an inch above the floor or at any point in which you feel pain in the joints.
- Still using your back leg, return to the start position

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
