

### Split or Runner's Lunge

---



- Start with your feet shoulder width apart, placing your rear leg onto a chair, bench, or other sturdy object
- You can place the top of your foot or your toes on the bench for support
- Make sure your knee doesn't go past your toes, but stays in place directly over your ankle
- If needed for added resistance, hold on to the weights at your shoulders to keep good posture
- Keeping your posture tall, and your stomach muscles tight, lower your body straight down as far as you can comfortably without going below parallel to the floor
- Tightening your hip and thigh muscles, 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.

---