



- Putting one foot in front of the other, bend your front knee until you can touch your hands to the floor in front of you.
- Now straighten out your rear leg as you lean forward into your front leg.
- Feel the stretch in the muscle around the hip of the back leg and in the hamstring muscles of the front leg.
- Hold for 30 seconds or until you feel the muscles have been adequately stretched.

THE LUNGE