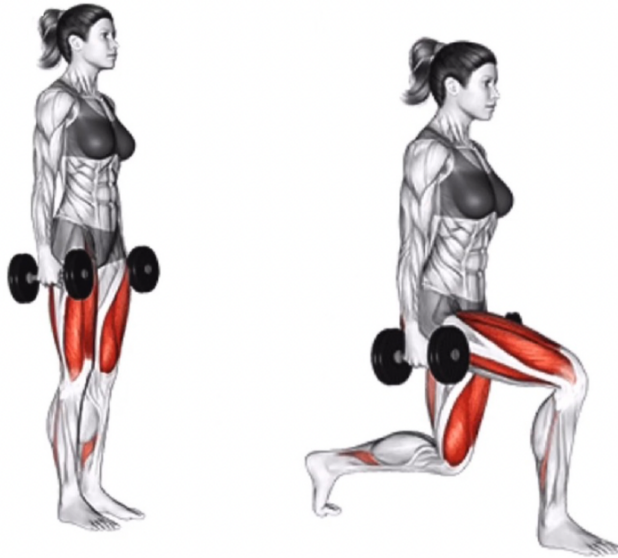


HOW TO PERFORM DUMBBELL LUNGES

MUSCLES WORKED

GLUTES, HIPS, HAMSTRINGS AND
QUADS
ALSO SOME CALF & AB STRENGTHENING



Grab your dumbbells and stand tall

Holding them with straight arms by your sides.

Keeping your chest lifted, take a long step forward with one leg, bending your front knee until the back knee almost touches the ground.

Push back to start position and repeat or alternate over to the other leg