

Virtual Fitness Trainer.com



The Ultimate Lower Body Makeover Training Series

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And
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BONUS...
Lower Body Exercise #2

Lunging Touch Down

Start in a neutral position and lunge forward, touching down with one hand, and back to the start. Lunge, touch down, and then back up. Do this again for 15 reps.



For beginners if you can only go part of the way and reach in front of you, that is fine.



Remember to move slowly and keep breathing. Stepping and touching for 15 reps on each side. You can step slightly off center and that is fine. You might break a sweat.

IMPORTANT: If the above lunge is too difficult for you then perform a normal stationary lunge.

Place your hands on your hips or by your sides. Stand with your feet together. Keep your chest out and midsection firm, do not arch your back. Step forward with a large stride – but not too far. Bend both your knees as you lower your body downwards. Your front leg should be at a 90 degree angle eg... ankle, shin and knee should remain in line with each

other and your upper thigh parallel with the floor. Your back knee should be nearly touching the floor. Hold for a pause then raise yourself back up controlling the movement and ensuring that your upper body isn't leaning forward. You want to keep your body weight balanced between your front and back leg.

Repeat the exercise to complete your set. Swap and perform your lunges on the opposite leg.

If you're having problems balancing and need assistance keeping yourself stabilized you can hold onto a chair or wall or bench with one hand (so, for example, the bench is to the left of you and you're holding onto it with your left hand) – something that is solid, stable, can fully support your body weight and that won't fall or topple over.

***** Remember, if you have any injuries that interfere with exercising then feel free to print these out, take them to your GP or specialist and she / he can check over them for you. Always seek advice from your doctor before changing or starting a new eating or exercise program.**