

- 1.1. Front lunge
- 1.2. Front lunge with a twist
- 1.3. Side lunge
- 1.4. Back and to the side (diagonal)
- 1.5. Backwards
- 1.6. Backwards with a twist

Front Lunge
(both legs)



Front Lunge with
a twist (both legs)



Side
Lunge
(both sides)



Back and to the
Side Lunge
(both sides)



Backwards
Lunge (both legs)

