



Lunge Matrix

-5 reps each leg so 10 in each direction for a total of 50 lunges

5/5 forward lunges

5/5 forward twisting lunge (twisting turning your body toward the leg that's lunging)

5/5 lateral lunge side lunge keep feet parallel toes forward

5/5 back to the side lunge 45 degree angle keep tall

5/5 backwards lunge