

LUNGE LESSONS

Start your leg workout program by performing a simple body-weight lunge in week 1. In week 2, do that exercise, plus the "easy" variation below. In week 3, do the "easy" and "moderate" lunges. In week 4 of this leg workout plan, perform the

For the straight-leg lunge-to-row-to-press, perform 12 repetitions in each set, alternating legs. Do three sets of 24 steps each for the others.

EASY: DUMBBELL FORWARD-AND-REVERSE LUNGE



Stand holding a dumbbell in each hand, arms hanging straight at your sides, palms facing in. Lunge forward with your right foot, then return to the starting position. Step backward with your left foot and lower your body until your right thigh is almost parallel to the floor. After returning to the starting position, perform a forward lunge with your left foot, then a backward lunge with your right foot. Continue this forward and backward pattern until you've completed 24 steps.

MODERATE: MEDICINE-BALL STRAIGHT-LEG LUNGE



Stand holding a medicine ball overhead with straight arms. (Keep them straight throughout the move.) Take a large stride forward with your right leg until your left leg is straight and your right knee is bent at a 90-degree angle. As you stride forward, bring the medicine ball down and in front of you toward your toes. Push yourself back up and bring the ball back overhead, then repeat the move with your other leg.

DIFFICULT: STRAIGHT-LEG LUNGE-TO-ROW-TO-PRESS



Stand holding a light dumbbell in each hand, arms hanging straight at your sides, palms in. Take a large stride forward with your right leg so that your left leg is straight, then pull the weights up to your chest. Push yourself back up to the starting position, bringing your right foot off the floor as you go. Then, while standing on one leg, press the weights overhead. Lower the weights and your foot to the starting position and repeat the move, this time stepping forward with your