Title: Lunge Punches / Lunges

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your back upright, take one step forward (around 1.5x a normal forward step).  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your body into the lunge until the forward leg reaches a 90-degree angle bend. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">As you lunge, strike forward with your opposite hand to a punch. Your back knee should only just hover from the floor. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push upwards through the front leg and drive your body back to the starting position.</span></li>

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