Title: Powerbag / Sandbag Lunges

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

Secondary Muscle Groups: Calves, Hamstrings

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold the powerbag/sandbag against your chest with your arms curled around it from the under side. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Take one step forward (around 1.5 times 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. 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>

</ol>