

LOW SIDE LUNGES/SIDE LUNGES

Benefits of lunges

1. **Weight loss**
2. **Balance and stability**
3. **Stand taller**
4. **Alignment and symmetry**

Side lunges:

Lateral lunges develop balance, stability, and strength. They work your inner and outer thighs and may even help to reduce the appearance of cellulite. Side lunges train your body to move side to side, which is a nice change from your body's normal forward or twisting movements. Plus, side lunges target your quadriceps, hips, and legs at a slightly different angle, thus working them a little differently.