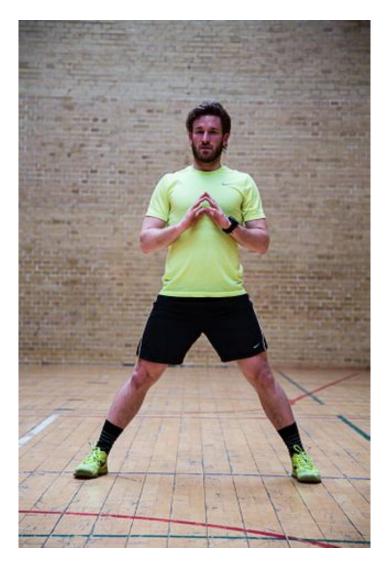
Lateral lunge, bodyweight







LLunge til siden.



