**Station Name:**

Lunges

**Description of movement:**

Step forward with right foot

Left knee bends and almost touches ground

With a straight back you should be able to see the toes on your right foot over your knee

Return to standing position and step forward with left foot

Alternate Left-Right



**Duration of time or repetitions:**

Complete 10 lunges on each side or twenty lunges total

**Fitness ability worked on (speed, agility, strength etc):**

This exercise enhances the participants strength in the legs

**Sport or activity it would best suit or compliment (specificity):**

This exercise would suit athletes in racquet sports or sports where athletes needs to stop and change direction quickly.