

Clock Lunge



- Stand with your feet shoulder width apart, holding dumbbells at your shoulders if extra resistance is needed
- Keeping your head up, shoulders back, step forward into a lunge
- Make sure that as you lunge forward that you line up your front knee so that it is over your front ankle. Do not let your knee go forward of your toes, injury to your knee could result.
- Step back to the start position
- Now repeat the lunge, but this time step slightly off-center towards the right, as if you were stepping on the number one on a clock face if you were at the center of the clock.
- Continue the lunge around the clock, “stepping” on each of the numbers, switching legs once you hit the 6 o’clock point.
- You won’t have to touch the floor with your knee, stop about an inch above the floor or at any point in which you feel pain in the joints.
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
