



**Hill Lunge**

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- Locate a hill that is fairly steep, but not so steep you slip. One that has grass is best in case you need to put a hand or knee down
- Start with your feet shoulder width apart, shoulders facing forward
- Step up the hill as far as you can comfortably, lowering your back knee toward the hill
- Make sure your front knee doesn't go past your toes, but stays in place directly over your ankle
- If needed for added resistance, hold on to weights or a sandbag at your shoulders while keeping good posture
- Step forward with your back leg, driving forward will pushing off your stationary foot to engage the muscles in the hips
- Repeat to the top of the hill or until unable to continue
- Do not lunge back down the hill! Walk slowly to the bottom of the hill if more repetitions are desired
  
- To get the most out of your workout, try to find a hill that allows you to do 1-3 sets of about 8-12 repetitions

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**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.

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