

Move of the Month



Lunge and Raise

This exercise will shape your thighs, glutes, shoulders and back.

With a can in each hand place one foot, as far as comfortably possible, in front of the other. Keeping the upper body vertical, dip the lowerbody down until the back knee is about one inch from the floor. Keep your hands by your side. Lift the cans into a front shoulder raise with palms parallel to the the thighs- until your arms are at shoulder level. Then move your arms out to the sides into a lateral position, keeping them at shoulder level. Step up into a standing position and repeat with the other leg.

Courtesy of Living Lean, 925-360-7051