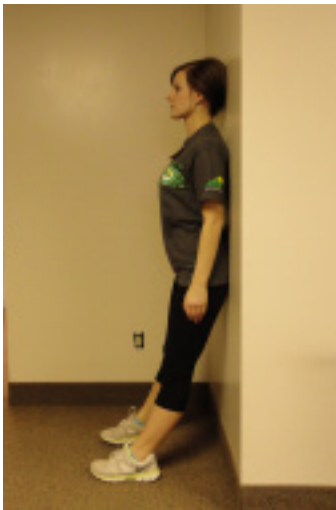


Start to Finish 5K Stretches & Exercises

SQUATS AND LUNGES

1. WALL SQUAT

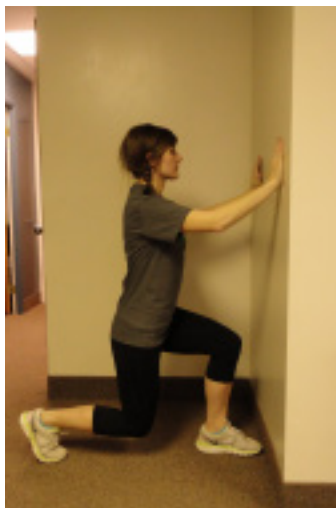
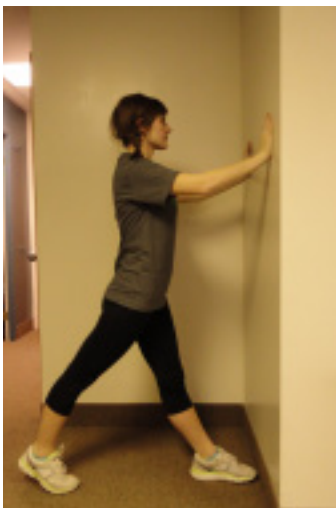


DESCRIPTION

LEANING UP AGAINST A WALL OR CLOSED DOOR WITH YOUR BACK, SLIDE YOUR BODY DOWNWARD AND THEN RETURN BACK TO UPRIGHT POSITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS

2. LUNGE



DESCRIPTION

START WITH YOUR TOE UP AGAINST A WALL AND YOUR OTHER LEG EXTENDED BACK BEHIND YOU. DROP STRAIGHT DOWN INTO A LUNGE BY BENDING YOUR KNEE. TRY TO KEEP YOUR KNEE OVER YOUR TOES AND DON'T LET YOUR KNEE TOUCH THE WALL. USE THE MUSCLES IN YOUR LEGS AND HIPS TO RETURN TO THE STARTING POSITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS