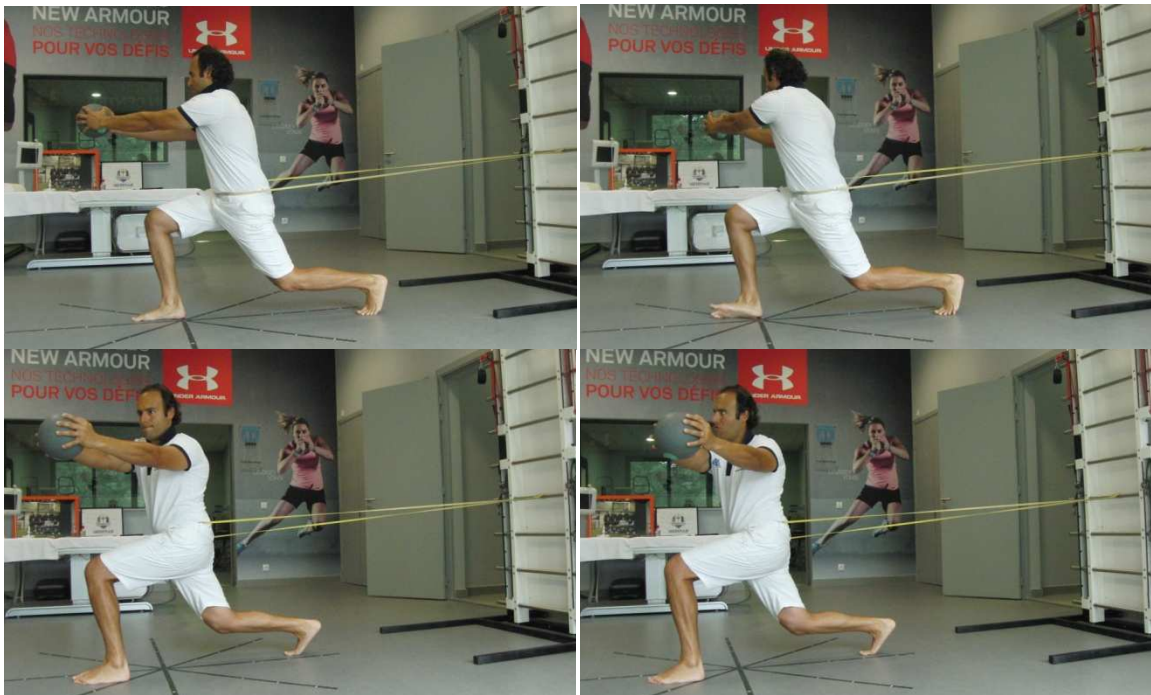


Physical training / exercise:

Lunges + resistance

Lunges & resistance:

Place the flexband around your hips to add resistance during the lunge. Extend your arms with a medicine ball (1 to 5kg) and turn your shoulders over the front leg, hold the position 3s.



6reps on each leg, 3 series