

Monthly Health Challenge: Lunges Challenge

The lunge is a basic compound exercise that targets the muscles of the lower body, i.e. quadriceps (thigh), gluteus maximus (buttock muscle) and hamstring. It is a great exercise that increases muscle tissue, provides more flexibility in the hips, and helps strengthen your core.

How to perform the perfect lunge?



1. Place the hands by your side or on your hip, pull your shoulders back and stand tall.
2. Step forwards with your right leg and slowly lower the body until the front knee is bent to 90 degrees. Make sure your knee doesn't touch the ground.
3. Push yourself back up to the starting position quickly and repeat with the left leg.

If you would like to make the lunge more challenging, try holding a weighted dumbbell in each hand by your side. Please use a dumbbell that you feel comfortable with.

For beginners, follow the Easy Track (E), but if you are looking for a more advanced track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E)10 (C) 20	2 (E)12 (C) 25	3 (E) 15 (C)30	4 (E) 18 (C) 35	5 (E) 20 (C)40	6 (E)22 (C) 45
7 (E) 25 (C) 50	8 (E) Rest (C) Rest	9 (E) 28 (C) 55	10 (E)30 (C) 60	11 (E)32 (C)65	12 (E) Rest (C) 70	13 (E) 35 (C) 75
14 (E)36 (C) 80	15 (E)40 (C) 85	16 (E) Rest (C) Rest	17 (E)42 (C) 90	18 (E) 45 (C) 95	19 (E) 48 (C) 100	20 (E) 50 (C) 105
21 (E) 50 (C) 110	22 (E)55 (C) 115	23 (E) 60 (C) 120	24 (E) Rest (C) Rest	25 (E) 60 (C) 125	26 (E) 65 (C) 130	27 (E) 70 (C) 135
28 (E) 72 (C) 140	29 (E) 75 (C) 145	30 (E) 80 (C) 150				