

JULY EXERCISE OF THE MONTH

Brought to you by the FitRec Personal Training staff

Single Arm Overhead Lunge

Muscles Trained: Lower Body- Gluteals, Quadriceps, Hamstrings, Hip Flexors, Calves



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2



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4

- Start in a standing position with or without a dumbbell or kettlebell overhead in your right hand. Keep your right arm fully extended with a good grip on the dumbbell or kettlebell.
- While maintaining good posture (back straight, chin level with the floor) and keeping your core tight, take a step back with your left leg and lower your knee towards the floor but do not touch the floor with your knee.

Repeat this movement for 12-15 repetitions.

Reverse hand and leg position for another 12-15 repetitions.

Exercise provided by: Jesus Vargas, FitRec Personal Trainer,
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For more information on Personal Training, please contact Personal Training Services at (708)608-4496.



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