

GET STRONG...AT HOME!

BY J.R. ROSANIA
PHOTOS BY EMMI BRYTOWSKI
DEMONSTRATED BY MAUREEN RANKIN

5 LUNGES

With your arms extended overhead and legs together, slowly step forward to create a 90-degree angle with your leading leg. Lower the trailing leg to about 3 inches off the floor. Step into the movement, bringing both legs together, and step forward with the opposite leg.

