Week 2

Monday

All exercises from Week 1 Monday

Side lunges

- Stand upright, wide at the hips, facing forward
- Take a wide step to the side with your right foot, bending your right knee at the same time
- Bend your right leg up to 90°
- Do not tilt your knee outward or inward
- Bend your upper body forward with your back long stretched out
- Push your glutes backwards
- Straighten up and return to start position
- Then do the exercise with the other leg

**Muscle groups:** quadriceps, gluteus maximus, adductors