

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

STEP BACK LUNGES

Step-Back Lunges (or Leg Press)



What muscles are worked:
Thighs and butt

How to do it:

Stand with a dumbbell in each hand, arms at your sides. Head up, back straight and step back with your left foot, a little wider than a normal step, while lowering your left knee to the ground. Your right knee should also bend as you dip down. Bring the left leg forward and repeat with the right leg. One lunge on each side together count as one repetition.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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24/7

