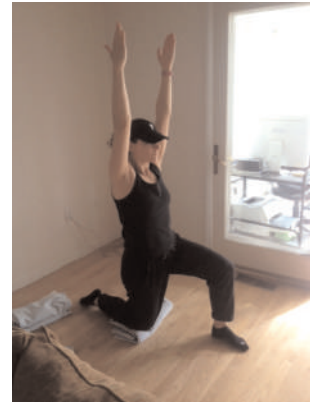


# In-Line Lunge Exercise

**Lunge with Dowel**



**Lunge with Rotation 1**



**Lunge with Rotation 2**



**Perform 20 repetitions twice per day**

**[www.youtube.com/watch?v=sq1YGr6e5WM](http://www.youtube.com/watch?v=sq1YGr6e5WM)**