



Exercise of the Month



Reverse Lunge and Bent Over Row

Purpose: To create strength in the legs, back, and arms

Target Muscles: Quadriceps, hamstrings, glutes, shoulders, and lats

Equipment Needed: Dumbbell

Start/Movement:

- Begin in standing position with feet together and toes forward.
- Step one foot back into a reverse lunge with the knee bent and back straight.
- Keeping the back straight, hinge forward at the hips and keep the arm straight down.
- Using the upper back pull the dumbbell back.
- Return the arm and dumbbell to a straight position and step forward with the back leg.
- Complete 8-12 reps on each side.

[Click here](#) to view video demonstration of this exercise.

