

MULTI DIRECTION LUNGE CHALLENGE!



HOW MANY MULTI DIRECTION LUNGES CAN YOU DO IN ONE MINUTE?!

- **STEP FORWARD WITH YOUR RIGHT LEG INTO A FORWARD LUNGE**
- **STEP SIDEWAYS WITH YOUR RIGHT LEG INTO A SIDEWAYS LUNGE**
- **STEP BACKWARD WITH YOUR RIGHT LEG INTO A BACKWARDS LUNGE**
- **STEP BACKWARDS WITH YOUR LEFT LEG INTO A BACKWARDS LUNGE**
- **STEP SIDEWAYS WITH YOUR LEFT LEG INTO A SIDEWAYS LUNGE**
- **STEP FORWARD WITH YOUR LEFT LEG INTO A FORWARD LUNGE**
- **CONTINUE IN THIS SEQUENCE FOR 1 MINUTE!**
- **MAKE A NOTE OF HOW MANY YOU ACHIEVED AND TRY TO BEAT IT NEXT TIME!**