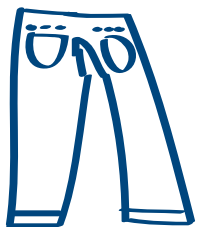


Workout at Work: Lunges



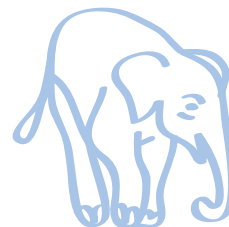
Good for your hips, and subsequently, your dance moves



If you ripped your pants you went too low



Sweat is just calories crying



Legs so strong you could back squat an elephant if you had one conveniently nearby

Step forward with one leg about two feet from the other stationary leg, lower your upper body while keeping your torso upright, then feel the sweet, sweet burn.




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Live Well