

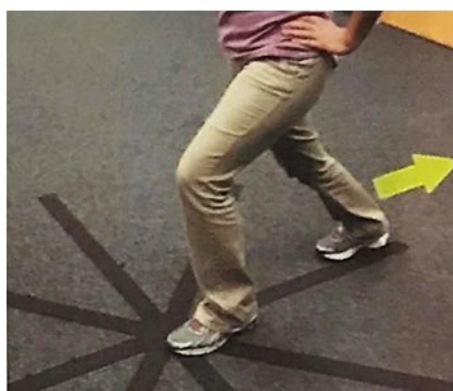
## Mini Step Lunges

Start with feet together, about 2-3 inches apart.

1. Step one leg forward bending knees, keeping trunk (upper body) vertical.
2. Step backwards with one leg bending knees, keeping trunk vertical.
3. Step to the right, bending knees, keeping trunk vertical.
4. Step to the left, bending knees, keeping trunk vertical.



1



2



3



4

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