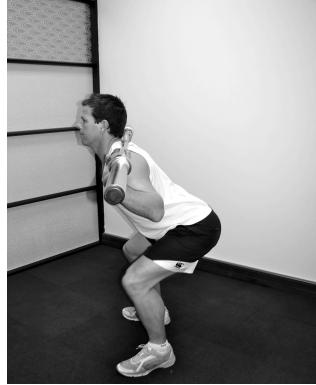


## BAR SQUATS AND LUNGES



### BAR SQUATS

- Feet wide apart, bar resting on shoulders, hands wide on bar
- Keeping back straight, squat down then return to starting position (keep knees back from toes)



### BAR LUNGES

- Split legs with back heel off the ground, bar resting on shoulders, hands wide on bar
- Take a big step forward, lunge straight down and up with back straight

### Notes:

- Before lifting weights, engage your core muscles gently and continue to breathe