
Lateral Squat

Start with feet approx 3-4' apart and lunge to the side, keeping the chest up, sit back keeping the feet facing forward. Make sure the heels stay down.



Clock Lateral Squat

Start with feet together facing forward, rotate 45 degrees and lunge. Keep the front foot facing forward and keep the heels down.



Lunge

As with exercise 6 but with a lunge (dynamic)

Lateral Lunge

As with exercise 7 but with a moving lunge (dynamic)