

Leg workout with Sam Rodman from Cornish Pirates RFC



Forward lunge



Explanation

Starting position	Performing the movement	Finishing the movement
<p>Feet shoulder width apart.</p>	<p>Step forward with one leg into a stride. Bend both front and back knees. Keep your posture upright Look straight ahead with your eyes keeping them level. Ensure your front knee doesn't go over your toes. Drop your back knee to just a couple of inches off the floor.</p>	<p>Drive up through your front heel and return to the standing position.</p>

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel. Make sure you rest for 30 seconds between each set of exercises.

- Beginners** – 5 Repetitions on each leg for 3 Sets
- Intermediate** – 10 Repetitions on each leg for 3 Sets
- Expert** – 20 Repetitions on each leg for 3 Sets

