

February Exercise of the Month

Cross-Over (Curtsy) Lunge with Press

Purpose: Total body integrated exercise that strengthens primary and stabilizing muscles of the lower body while challenging the arms and shoulders of the upper body.

Lower Body Muscles: Quadriceps, glutes, abductors/adductors (outer/inner thigh), calves, and hamstrings

Upper Body Muscles: Biceps, triceps, and deltoids (shoulder)

Equipment Needed: Dumbbells

Start Position:

- ❖ Begin standing with feet hip width apart
- ❖ Hold dumbbells in each hand, arms extended at your side
- ❖ Pull shoulders back, left chest and engage the core to create good posture

Cross-Back to Curtsy:

- ❖ Inhale and shift your weight into your left foot
- ❖ Step back with the right foot (placing it behind and to the angle of your left foot) and curl the arms to bring the dumbbells to the front of the shoulder
- ❖ Bending at the knees, slowly lower the body into lunge creating a 90-degree bend at the knees; front knee should stay aligned with the ankle, hold curl position in the arms
- ❖ Maintain upper body posture keeping the core engaged to avoid leaning forward

Press-Up:

- ❖ Exhale and press your weight through your left foot to rise out of the lunge
- ❖ While rising, press the dumbbells up overhead and lift the right leg up and out to the side
- ❖ Option: Work your way up to balancing on one leg by keeping the right toe on the floor
- ❖ Lower the dumbbells back to shoulder and right foot back to curtsy position and repeat steps
- ❖ Complete 8-12 reps then shift weight to perform the exercise on the other side (2-3 sets total)

**Start
Position**



**Cross-Back to
Curtsy Lunge**



**Press-Up
(w/ left lift)**



**Press-Up
(optional toe out)**

