

Dumbbell Lateral Lunge

Dumbbell Lateral Lunge is an alternative leg exercise that is great for developing strength in the glutes and in the hamstrings.

Beginning Position:

- Hold dumbbell in front of the body with both hands
- The head is level
- Feet are at hip width

Downward Movement:

- Lift leg up and step laterally away from the body
- Keep weight on the heel and push hips back to descend into the bottom of the lunge
- Keep the head and chest up

Upward Movement:

- Push hard through the inside part of the feet to return to the beginning position.



Beginning Position



Downward Movement