

# live well be well

WOW: work out of the week ::

**Welcome to your Workout of the Week!** This month we will focus on performing bodyweight lunges. Keep in mind you can modify accordingly by not going down as deep or using a chair or table to keep you upright.

**Keith Hoerman, Associate Chief Administrative Officer, will demonstrate these exercises.** Keith is a fitness enthusiast and exercises almost daily. Crossfit is his main passion as he attends his local gym for total body workouts five to six days per week. In addition, he also does some running, biking, and skiing when it's in season. To top it all off, he participates in Spartan Races to fulfill his love of the outdoors and exercising with his friends.

**Whew, that's a lot of fitness! Keith, you are an inspiration and keep it up!**

**Exercise:** Reverse Lunge

**How to perform:** Step your right foot behind you and keep your right toes on the ground. Keep your left foot flat and bend both knees to 90 degrees while keeping the spine upright. Step your right foot to meet the left to finish the exercise.

**Duration:** Perform for 8 repetitions on both the right and left side.

