

## Jumping Lunges

Lunges are another great exercise to help strengthen the legs and glutes. Most men think lunges are for “girls,” mostly because these exercises help to shape the glutes, but my opinion is that *no one* should have a saggy rear end. That’s why leg days, for me, will always include some form of lunges. *Jumping* lunges, like jumping squats, add a slight degree of difficulty. They’re very effective at burning calories during your workout and will definitely get your heart rate up, which is good for our cardiovascular system.

**Step 1** Stand with one foot way out in front of you and the other back behind you, with the back foot up on your toes.

**Step 2** Go straight down, with back straight, until your front leg is parallel to the floor, making sure that your front knee doesn’t go in front of your front toes.

**Step 3** From that lowest position, explode and jump up as high as you can.

**Step 4** Instead of landing with your legs locked straight, land with bent knees, switching legs each time you land (so that if your right leg was in back before the jump, it’s now in front). Don’t stop your motion, though; slowly lower yourself again and repeat without pausing.

