

Fitness Focus!

MATRIX Magnum Squat / Lunge



Step 1

Load the weight you require for the exercise you would like to perform. Then, place yourself between the handles facing forwards or backwards, depending on the handle and exercise you want to complete.

When positioned with your feet shoulder-width apart, grab the handles and stand up. Then, while keeping good form, perform your exercise.

Remember: never jeopardize form for weight.

Step 2

The Squat/Lunge will help target your leg muscles as well as your transverse abdominals when engaging your muscles properly. The lunge exercises will help work on your balance, flexibility and coordination. If you would like to challenge yourself add a Bosu to challenge your balance even further, which would assist in engage all your stabilizing muscles.