



GET ACTIVE NOW

WITH SAMANTHA CLAYTON

Split Squat Full Switch

3 SETS OF 8 TO 10 REPS

Stand in a lunge position with your arms by your side. With the right leg forward and left leg back, jump and switch leg positions. Try to keep a straight back, use your arms for momentum and ensure that the knee of your back leg is close to but does not touch the ground. You want to land in a soft and controlled manner.



LOWER BODY EXERCISE



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WITH SAMANTHA CLAYTON

Single Leg Reverse Lunge with Knee Drive

3 SETS OF 8 TO 10 REPS

This athletic move challenges your balance, coordination and your core muscles. This is also great for loosening up the hamstrings. Stand tall in an athletic position with a slight bend in your knees. Extend your right leg behind you, pointing your toes toward the floor. Swing your leg forward into a high knee position with flexed toes. Use your arms for balance in a running motion. Repeat with the other leg.

1.



2.



LOWER BODY EXERCISE



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