

## What is the best way to increase my strength and stability?

# ASK THE EXERCISE GURU



**T**ry the Valslide reverse lunge to press. This reverse lunge strengthens and stabilizes your legs, while increasing mobility in your hips and improving balance. Finishing with an overhead press further challenges your hip stabilizers while working your upper body. Start with three sets of eight reps.

### To do it:

- 1** Stand with your feet shoulder width apart, abs engaged, face forward and the ball on your right foot on a Valslide (or create your own slippery surface with a file folder on a carpet). Rest the ends of the dumbbells at shoulder height, as shown.
- 2** Keeping your back straight, slide your right foot back and drop your hips toward the ground by bending your left knee to a 90-degree angle. Let your right knee bend but not touch the ground. Return to the starting position.
- 3** With palms facing forward, press the dumbbells directly overhead. Keep a slight bend in your elbows and do not let the dumbbells touch. Return the weights to your shoulders before dropping into your next reverse lunge. Continue for eight reps, and then switch legs,

