



INSTRUCTIONS

LUNGE TWIST

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lunge-twist>

Abs

Ankles

Core

Glutes

Hamstrings

Jumps and Leaps

Kicks

Leaps

Lower Body



STEPS:

- Start standing with your feet together.
- Step one leg out to the side to sit back in your hips with your knees bent and opposite leg straight.
- Push off your bent leg to lift your knee hip level and twist your torso in the same direction

Repeat 8-10 times on before switching legs