



# INSTRUCTIONS

---

## PARTNER LUNGE HIGH KNEE

**CATEGORIES:** Balance, Endurance, Partners, Power, Warm Up      **LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/partner-lunge-high-knee>

Abs

Ankles

Arms

Core

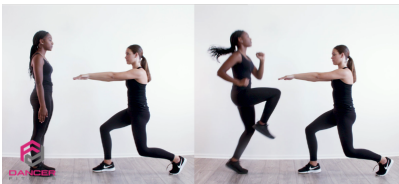
Hamstrings

Jumps and Leaps

Lower Body

Quadriceps

Turns



### STEPS:

· [P1] Start in a reverse lunge with arms straight out in line with shoulders.

· [P2] Perform high knees aiming to tap P1's hands

Perform 20 high knees before switching.

Repeat 2 times each for opposite lunge.