



INSTRUCTIONS

LUNGE KICK BACK

CATEGORIES: Balance, Endurance, Power, Strength, Warm Up

LEVEL: Beginner

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

Ankles

Full Body

Glutes

Hip Flexors

Lower Body

Quadriceps

STEPS:



· Starting in a reverse lunge, shift your weight to your front foot lifting your back foot off the ground.

· Keeping both knees bent, pulse your back leg with a flexed foot for 5-8 reps before returning to a reverse lunge.

Repeat 5 times before switching sides.