



# INSTRUCTIONS

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## NARROW SPLIT LUNGE

**CATEGORIES:** Balance, Power, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/narrow-split-lunge>

Ankles

Lower Body

Quadriceps



### STEPS:

- Starting in a lunge, hop your feet together in a forced arch.
- Hop back into reverse lunge, alternating sides.

Repeat 8-10 reps.