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INSTRUCTIONS

LUNGE. SQUAT. TWIST

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

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



Steps::

- Begin with feet about hip width apart.
- Step sideways and bend both knees to come into a deep side lunge.
- Press through the heel and bring both feet back together about hip width apart
- Squat
- Lift one leg to passé and twist your shoulders over the passé leg. Pull your belly button in.
- Bring arms to a T position as you twist
- Place the foot back down about hip width apart and stand with arms clean at your side.

Repetitions:

Repeat 10 times on each side.