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# INSTRUCTIONS

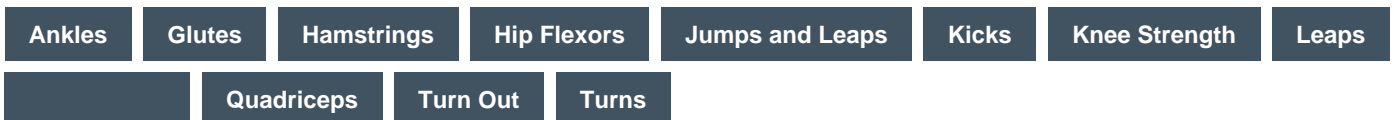
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## WIDE TO NARROW REVERSE LUNGE

**CATEGORIES:** Balance, Endurance, Power, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/wide-to-narrow-reverse-lunge/>



### Steps::

- Begin with feet together
- Plie and jump feet to a wide second position
- Jump feet back together keeping knees bent.
- Shoot one leg backward and bend both knees until the back one touches the floor.
- Bring both legs back together with knees bend.

Repetitions and Modifications:

Repeat 8 times on each leg.

[ - ] remove the jump and simply walk feet wide, narrow and into a reverse lunge.