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INSTRUCTIONS

LATERAL LUNGE

CATEGORIES: Balance, Flexibility, Strength, Warm Up

LEVEL: Intermediate

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

Core

Glutes

Hip Flexors

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body



STEPS:

- Standing with your feet wide apart, sit into one leg by bending at your hip
 - Slowly shift your weight to the other side
- Repeat 10-12 times
- [-] Stay low the whole time
- [+] Lift your hips to standing between lunges