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# INSTRUCTIONS

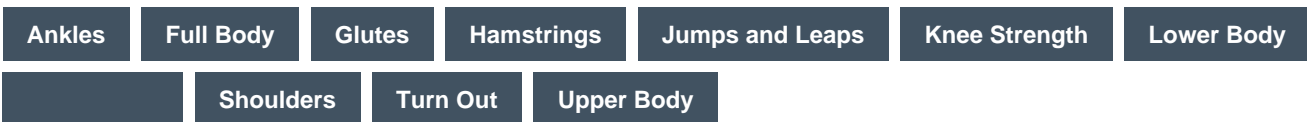
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## DOUBLE LUNGE PRESS

**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/double-lunge-press/>



### STEPS:

- Standing with your feet together, step forward with one foot into a lunge.
- Use your power to jump and switch your feet.
- Return to standing with feet shoulder width apart into a squat and press your arms above your head to return to standing.

Repeat 10 times.

[+] Jump into your lunge/squat

[-] Step into your lunge/squat