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INSTRUCTIONS

LUNGE AND PRESS

CATEGORIES: Strength

LEVEL: Intermediate

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

Full Body

Glutes

Hamstrings

Jumps and Leaps

Knee Strength

Leaps

Lower Body

Shoulders

Turn Out

STEPS:



- Start standing with your feet together. Step forward until you are in a lunge position.
- Extend your arms straight over your head and return to shoulders.
- Hold the lunge for 8-12 reps of press before switching legs

[+]Add a resistance band around your hands for extra resistance