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# INSTRUCTIONS

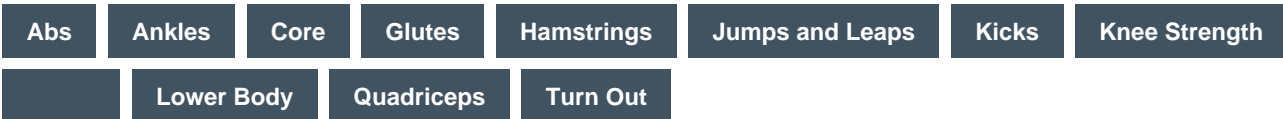
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## LUNGE TWIST

**CATEGORIES:** Balance, Power, Strength

**LEVEL:** Intermediate

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



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### STEPS:



- Start standing with your feet together.
- Step one leg out to the side to sit back in your hips with your knees bent and opposite leg straight.
- Push off your bent leg to lift your knee hip level and twist your torso in the same direction

Repeat 8-10 times on before switching legs