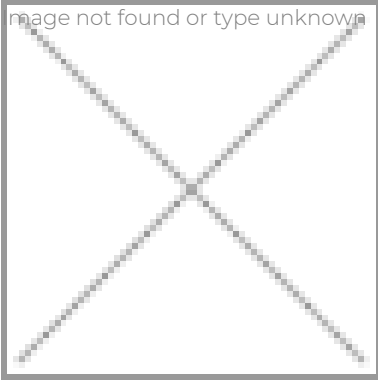


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INSTRUCTIONS

PARTNER LUNGE

CATEGORIES: Strength

LEVEL: Beginner

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

Ankles

Glutes

Hamstrings

Knee Strength

Lower Body

Quadriceps

Turn Out

Turns



STEPS:

- Standing face to face with a partner, P1 will have perform a reverse lunge by stepping behind them.
- P2 will perform a forward lunge.
- Switch directions and repeat

Repeat 12 times