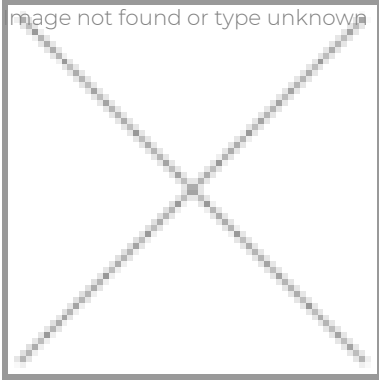


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INSTRUCTIONS

WALKING LUNGE SHOULDER PRESS

CATEGORIES: Balance, Endurance, Power, Strength, Warm Up **LEVEL:** Intermediate

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

Ankles

Full Body

Knee Strength

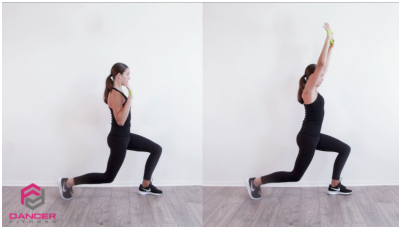
Lower Body

Quadriceps

Shoulders

Upper Body

STEPS:



- With a band around your palms, step forward into a lunge.
- Lift your arms above your head, keeping tension on the band.
- Step together and repeat on the opposite leg.

Alternate for a total of 20 reps.