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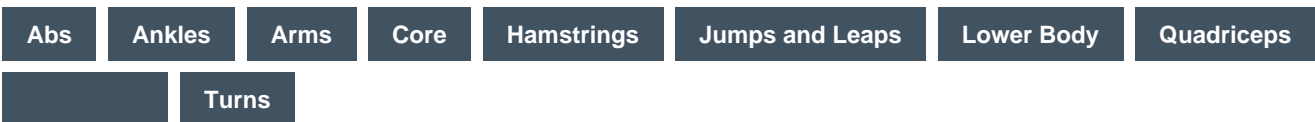


INSTRUCTIONS

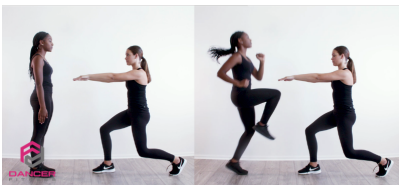
PARTNER LUNGE HIGH KNEE

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

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



STEPS:



· [P1] Start in a reverse lunge with arms straight out in line with shoulders.

· [P2] Perform high knees aiming to tap P1's hands

Perform 20 high knees before switching.

Repeat 2 times each for opposite lunge.