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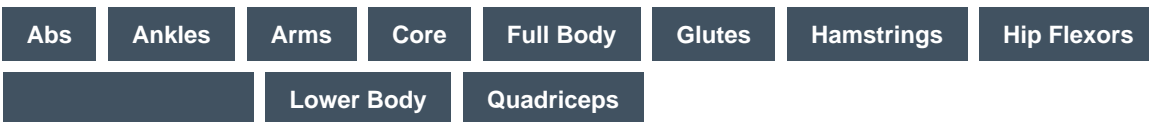
INSTRUCTIONS

LUNGE KNEE TUCK

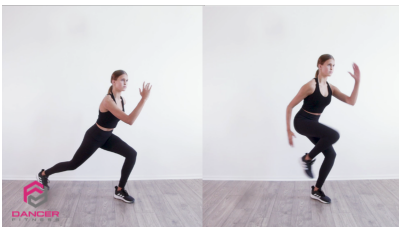
CATEGORIES: Balance, Endurance, Power, Warm Up

LEVEL: Beginner

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



STEPS:



· Starting in a reverse lunge, drive your back knee towards the front of your body.

· Use alternating arms to drive momentum.

Repeat 10 -20 reps on each side before switching.