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# INSTRUCTIONS

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## LUNGE KICK BACK

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

**LEVEL:** Beginner

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

Ankles

Full Body

Glutes

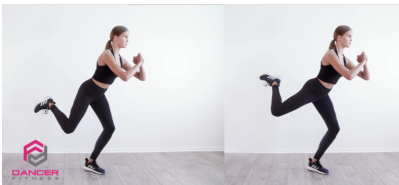
Hip Flexors

Lower Body

Quadriceps

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### STEPS:



· Starting in a reverse lunge, shift your weight to your front foot lifting your back foot off the ground.

· Keeping both knees bent, pulse your back leg with a flexed foot for 5-8 reps before returning to a reverse lunge.

Repeat 5 times before switching sides.