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INSTRUCTIONS

DOUBLE HOP SUMO LUNGE

CATEGORIES: Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/double-hop-sumo-lunge/>

Ankles

Glutes

Hamstrings

Lower Body

Quadriceps



STEPS:

- Start in a lunge.
- Pulse in a lunge 2 times before exploding into a squat position.
- Jump back into a lunge on the opposite leg and repeat.

Repeat 8-10 times on each side.