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INSTRUCTIONS

LUNGE AROUND THE WORLD

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lunge-around-the-world/>

Ankles

Hamstrings

Hip Flexors

Lower Body

Quadriceps



STEPS:

- Start standing with your feet under your hips.
- Step one leg out to a wide lunge, bending your moving leg, before returning it to start.
- Step the same leg behind in a reverse lunge, and then behind your stationary foot for a curtsy squat.

Return to start and repeat 8-10 times before switching sides.