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INSTRUCTIONS

LUNGE ROW AND TWIST

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lunge-row-and-twist/>

Abs

Arms

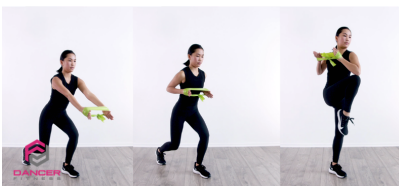
Back

Core

Full Body

Quadriceps

Shoulders



STEPS:

- In a lunge, extend your arms straight from your shoulders with a band around the outside of your palms.
- Row your elbows back towards your side, keeping enough tension on the band and return to start.
- Step your back knee up towards your hips and twist your opposite elbow to knee.

Return to start and repeat 12 times.

[-] Remove the band