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INSTRUCTIONS

LUNGE, CURL, SQUAT AND PRESS

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/lunge-curl-squat-and-press/>

Arms

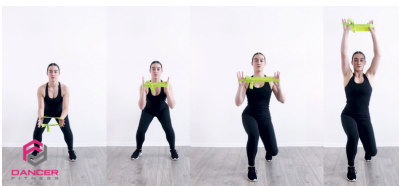
Full Body

Glutes

Hamstrings

Hip Flexors

Quadriceps



STEPS:

- Starting in a low squat with a band on the outside of your palms, curl your hand towards your shoulders and return.
 - Step one foot forward to create a lunge, and move your hands back to your shoulders.
 - Extend your arms overhead, still keeping tension on the band.
- Step your foot back to a squat and repeat 10 times.