

gdfgdg



INSTRUCTIONS

PARTNER LUNGE AND BOAT

CATEGORIES: Balance, Partners, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-lunge-and-boat/>

Abs

Ankles

Core

Full Body

Glutes

Hamstrings

Hip Flexors

Lower Body

Turns



STEPS:

- [P1] Start in high boat and hold.
- [P2] Starting just off of P1, step one foot out to the side bending in our moving leg to create a side lunge.
- Gently tap P1's feet and return to standing.

Repeat 12 reps and switch.