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INSTRUCTIONS

WALKING LUNGE SQUAT WARM UP

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/walking-lunge-squat-warm-up/>

Ankles

Glutes

Hamstrings

Jumps and Leaps

Quadriceps

Turns



STEPS:

- Start standing with feet together.
- Step one foot forward, bending both knees 90 degrees.
- Turn over the shoulder of your back knee into a squat position, thighs parallel with the floor.
- Stand straight up with feet wide.
- Squat down until thighs are parallel with the floor, turn back over your shoulder into a lunge.
- Stand up, and repeat on the opposite side.

Repeat 12 reps total or go across the floor, 3 times.