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INSTRUCTIONS

SIDE LUNGE SQUAT WARM UP

CATEGORIES: Strength

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

Hip Flexors

Lower Body

Turns



STEPS:

- Start standing with your feet under your hips.
- Take a wide step out to your right side, bending your moving leg to a side lunge.
- Step in with your left leg to a squat, hips parallel to the ground.

Repeat 10 reps on each side before switching or go across the floor, 2 rounds.