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INSTRUCTIONS

REVERSE LUNGE

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/reverse-lunge/>

Ankles

Glutes

Hamstrings

Lower Body

Quadriceps

Turns



STEPS:

- Start standing with your feet below your hips.
- Step one foot behind you, creating a 90 degree bend in both legs.
- Return to standing and repeat on the opposite side.

Repeat 12 reps total, 3 times.