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# INSTRUCTIONS

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## REVERSE LUNGE SQUAT

**CATEGORIES:** Strength

**LEVEL:** Intermediate

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

Ankles

Glutes

Hamstrings

Jumps and Leaps

Quadriceps

Turns



### STEPS:

- Start in a squat position with your hips inline with your knees.
- Lift your right heel off the ground.
- Step your right foot behind you, bending both knees 90 degrees in reverse lunge.
- Return to the starting squat position keeping your heel lifted.
- Repeat on the same side before switching.

Repeat 8-10 reps on each side, 2 times.