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# INSTRUCTIONS

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## LUNGE KNEE DRIVE

**CATEGORIES:** Balance, Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/lunge-knee-drive/>

Abs

Core

Glutes

Hamstrings

Lower Body

Turns



### STEPS:

- Start high on your knees, and step one foot in front of your body with a 90 degree bend in the knee.
- Pushing into your kneeling knee, lift your back leg off the ground and straighten your stationary leg.
- Bring your rear knee inline with your hip and return back to start.

Repeat 12 reps, each side, 3 times.