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# INSTRUCTIONS

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## JUMPING JACK LUNGE

**CATEGORIES:** Endurance, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/jumping-jack-lunge/>

Ankles

Glutes

Hamstrings

Jumps and Leaps

Quadriceps



### STEPS:

- Start standing with your feet together and arms by your side.
- Jump your feet out to shoulder width apart, and extend your arms overhead. Return to standing and turn over your right shoulder into a lunge.
- Jump your feet out to shoulder width apart, and extend your arms overhead. Repeat on your left side.

Repeat 12 reps total, 3 times.